A newe Boke OF PHISICKE

called ꝑ Gouernment of Health, wherin be vttred many notable rules for mās preseruaciō, with sondry simples & other matters, no lesse fruitfull then profitable: collect out of many approued authours. Reduced into the forme of a Dialogue, for the better vnderstanding of thunlearned. Wherunto is added a sufferain Regiment against the pestilence.

By VVilliam Bullein.

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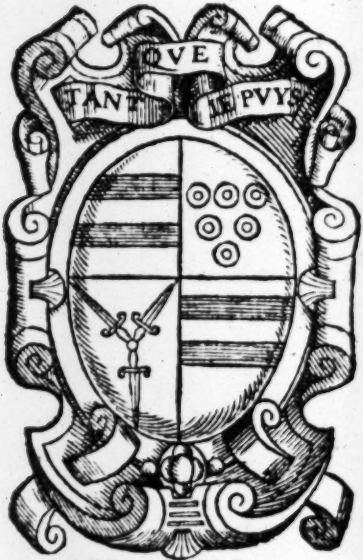

T H.

To the right vvor-

shypfull Sir Thomas Hilton, knyght, Baron of Hilton, and Captaine of the Quenes mateſties Caſtel of Tinmoth: V Villiam Bullein wyſheth encreaſe of woꝛſhip and healthy.

QVINTVS Curcius, the famus wꝛyter of the greate Battayles that kyng Alexander the ſõne of Philippe of Macedonie, had againſt the moſte noble, and ritch kyng of the Medes and Perſians, called Darius (righte woꝛſhipfull ſir) declareth that when one Philippe the Phiſicion vnto

the sayde kynge Alexander, and his moste trusty subiecte. By sodayne chaunce, the kyng fell sore sicke, to the great heauines of al his royall armie, at whiche tyme with al speade, this phisicion did prepare a medicine, moste excellente for his soueraigne Lorde, whom he so dearly loued, to this end, that the great vertue therof might preuent his present sickenes, & iminent daũger: but malicious spite, that wretched enemy whiche neuer sleepeth but watcheth euer, to bringe vertue and good fame to destructiõ: Immediatly before this gentle Philip dyd presente hym selfe vnto the king with his medicine: Letters were sent to king Alexander, cõteyning, that ỹ sayd Philip was corrupted so with money from kynge Darius, that he had put moste

moste deadly poyson and vncurable venome into Alexanders medicine. The king perusing ꝑ letters, kept theim secrete vntyll he had dronke his medicine, and immediatly he toke his phisicion by the hande, and deliuered hym ꝑ letters, that he mighte rede thē hauing in him so great cōfidēce, that he did in no manner of case mistruste him. The cause why I haue alledged this most worthy prince king Alexāder, & his excellent phisicio Philip, is to declare the great trust in the one, and the fidelitie in the other, not forgetting the chameles condicions of the flattring Parasites, whiche euer walketh with two faces in one hood, bearing fier in the one hand, and water in the other: sowers of discorde, reapers of mischief: which be alwaies enemies

vnto the Disciples of Philippe, whose venemous stynges can not hurte them, which euer haue in store the precius Jewel of patience, and arme them selues to doe good to euerye good man, for the preseruation of their lyues, by the true rules of the gouernment of healthe, whiche here I am so bold to presente vnto your worshyp. For whereas there lacketh gouernement in a common wealth, the people dooe eftsones fal into ruyne. The shippes that lacke good gouernaunce, oftentimes be cast away vpon sandes and rockes. And therfore there is nothynge vnder heauen, that hath lyfe, but if it lacke good gouernment: it wil quickly fall into vtter decay. For like as the creator of all thinges hath informed the bodies of al mē into the good

liest

liest shapes of euery liuing thing that euer was, or euer shalbe: Euen so he hath ordeined for man: herbes, frutes, rootes, seedes, plantes, gũmes, oyles, precyous stones, beasts, foules, fishes, for the preseruation of health, to be moderatly vsed with discretion, whiche preserueth the bodye in good estate, withoute whose vertues the bodies can not lyue for they be the norishers of life. But misusing or abusing them bryngeth to the body manye diseases, as rheumes, catarres, dropsies, impostumes, gowtes, fluxes, oppilations, vertigos, blindenesse, ruptures, frãsies, with mani mo noysome diseases, whyche come thorow the corruptiõ of meates and ill ayre. For what auayleth ryches, honoures, costlye buyldinges, fayre apparell, wyth all

the pompe of this worlde, and to be honoured of the people, and in the meane tyme to be eaten wyth wormes in the breaste or in the belly, consumed with agues tormented wyth gowtes, sorenesse, bone ache. &c. Well I thincke, an hole Codrus is better than a sick Midas. And seing that to possesse healthe is better then to gouerne gold, in so much that health maketh men more happier, stroger and quieter then all maner of riches, lacking health: as exaple. Great princes, noble me, men of great substaunce, when they be wrapped & enclosed with manye & sundry sicknesses, and in daily daungers of deathe, in theyr extreme paines and passions, they do more greatlye couet one drop of healthe then a whole tunne of gold, crying out for the help and coun-

Codrus.
Midas.

counsel of the Physicion Whome Iesus Sirack, in his godli boke did counsel all wyse men to honour, and whome the almightye God, did create and ordeine for the infirmitie of mankynde, and also medicine for his helpe, and that no wyse man should despise the. Therfore yet againe (right worthie knight) I shall moste humbly desire you, to except the good will of hym, whyche wysheth the yeares of your prosperous lyfe & healthe, to be equal to Nestor, Arganton, and Galen. Whose lyues were long, healthful and happy. And thus wishing the dailye encrease of your worship, with continuall health, to gods pleasure: who euer be your guid and gouernour. Amen. your worships alwayes to commaunde.

Cap. 38.

Nestor.
Galen.
Arganton

VV. Bullein.

Cvrsed be Bachus, the father of dronckennes,
Founder of lothsome lust and lecherie:
Thy seruants twain, be vnperaunce & idlenes,
Which gentle diet and sobernes do defie,
But sobernes doth liue, when glotony doth die.
Though bankets do abound, cies for to please:
Ouercharging the stomake, bringeth small ease.

The aboundaunce of wine, and lust of meat,
Feasting in the day, and riot in the night:
Inflameth the body with vnnatural heat,
Corrupteth the blond, and abateth the sight,
The sinewes wil relax, the Arteries haue no might,
Apoplexia and Vertigo, wil neuer from thee start:
Vntil the vitall blond, be killed in the hart.

O Happye is pouertye, with good gouernaunce,
Which of fine fode hath no great plentye.
Nature is sufficed, with thinges suffisaunce,
But poysoned, with floudes of superfluitie,
Consider your foode, in the time of pouertie,
Example of Diogenes, sitting in his tonne:
He was well pleased, with the beames of the sunne.

Beastes, and foules, of nature rauenous,
In fieldes and forestes, seke their aduenture:
Vpon their praies, deuouring most odious,
Consuming by glottony, many a creature,
yet eche of them, according to their nature,
Can purge their Crudities, with casting venomous,
Man through repletion, is in daunger perilous.

Man

Mans nature doth weke, as this worlde doth waste
As thinges ingendreth, corrupting by time:
Your life is present, but death maketh haste,
Shortened by surfite, I tell you in time,
Example of the Epicures, rottened into slime,
As gods worde and storie, the truthe doe tell,
That unsaciat ghuttons shall faste in hell.

Thulp to wise men, this is the chief medicine,
Moderate diet, with temperate trauell,
Good air in swete fieldes, when the sun doth shine,
Flying stinking mistes, that the life wil expell,
Digestion of stomake, they shall fele full well,
And to shake of anger and passions of the minde,
This quietnes of conscience happy men shal synde.

We know eche one, and se by experience,
That men shall waste and phisick fade:
What is man, when he is in moste excellence?
Sone fallen to dust, and sleapeth stil in shade,
Leues, floures, & frutes grow in somer moste glade,
But from their braunches, (as it is daily sene,)
They fal down to wind, whe they are freth & grene.

Synne mone and starres, with heauenly influence,
The earth doe garnish with flowers fresh of hew,
The trees spring with frute of their benevolence,
Rain nourisheth swete fieldes, with siluer drops new,
The Lilie, the red rose, the floure pale and blew,
The Corne and cattell, and all thinges temporall,
Be not these gods gyftes for these our liues mortall?

To

TO knowe theſe creatures is a gift excellent,
Complections hote or colde, moiſt or drie,
And to what nature they be conuenient.
Hippocrates and Galen, in their time did trie.
Dioſcorides and Auicen, with Plini wold not lye.
Ariſtotle the philoſopher in learning moſt excellent
So be many men now in this life preſent.

TO them I bend my knee with dewe reuerence,
As one vnworthy their fore ſteppes for to kiſſe:
Lacking no good will confeſſing my negligence,
Though many will iudge, my entent amiſſe.
Powring water in the ſea, where aye plentie is.
But of your worſhip to whome I preſent this gift,
Accept (I pray you) ſuch a ſimple chift.

AND rede you this gouernmēt chorle I chal it make
Betwene one called Jhon, & Humfrey the wiſe,
When you are at leaſure in your hand it take.
Though it lacke eloquence, yet do it not deſpiſe,
I recite no authours, vſing to make lies,
I ſubmit my ſelf ſtil: vnto the learned iudge.
I force not if the ignorāt, at this my trauel grudge.

Eſſe cupis ſanus: ſit tibi parca manus,
Pone gulæ metas, etas vt ſit tibi longa.

This booke to prayse, I will not be curius,
Let the wyse Reader with iudgement discus
The sonne nede no cãdel, to geue it more light,
The Egle requireth none, to teache him his flight,
Eche frutes haue their taste, & witnesse forth bring,
From what trees they came, & had their growing.
So is this worke: a signe of a zeale,
Worthy to be praised. To readers I appeale.
The beginning, scope an ende of the counsell,
Health to preferre, and sicknesse to expell.
Suche matter disgesting as the do offende,
Appliyng good medicines those euils to amende,
With herbes that doth binde or elles be expulsiue,
Vicious humours to correct and outdriue.
God blessed the earth, frõ whẽce these things grow
And willeth his people, their natures to know
But ignorancie hereof, ingendreth disdaine,
In them that lack lerning: & ignorant wold remain.
Other haue suche delicate, and curious condicions:
When no cause cõstrains thẽ, they cry for phisiciõs
As though they shuld neuer once tast of their graue
Whose daies wer prescribed, whẽ god life thẽ gaue.
All fleshe is like grasse, that withereth with winde,
As earth came from earth, so shall it to that kinde
In the meane season, refuse not to take:
The vertuous Phisicions, for remedies sake.
Which can supplant paine, and helth set in place,
So shalt thou liue quietly, and finish thy race
At last, when death comes, wherto thou must trust
Call to God for grace. Let death do his wourst.

FINIS. ꝙ. R.B.

To the gentle Rea

Ere I doe
vnto thee (gen
oer) a simple
mẽt of helth b
thee most hear
to accept it as a
ment of my good wyll, as one
nedly that greatly dooe comit the
estate and happy health of mankī
Which by daily casualtis, surfaite
age: do decaye, and fall ino many gre
uous & painful sickneſſes. For wbyche
cause although perhaps I can not in
all poyntes aunswere to thy requeſt, in
this litle gouernmẽt: yet I shall desire
thee to accept me amonge the felowe-
ship of botchers, whyche do helpe to
repaire thinges that fall into ruine or
decaye. Euen so bee the Practisers of
phisiche, no makers of men, but when
men dooe decaye throughe sickenesſes
then the counsell of the Phisicion, and
the vertue of medicine is not to be re-
fused, but moste louingly to be embra-

ced

chief frende in the time of ad-
. If thou readest this litle boke
serue the rules therin. I trust it
as much as it doth promise.
cause I am a yong mā I wold
sume to take suche a matter in
though the wordes be fewe, but
nsiliat & gather things together,
ch of my self I haue practised & al-
ed and noted in the works of Hip-
crates, Galen, Auicen, Plinij, Ha-
yabas, Auenzoar, Rasis, Dioscorides,
Leonhardus Futchius. Conradus
Gesnerus. &c. And thus I
leue thee to the company
of thys my little
booke,
wishing thee health, and
all them that shall
reade it.
(.·.)

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¶ Thus endeth the table of certain simples.

¶ A table for all the principall matters, conteined in this gouernment of health.

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FINIS.

Thon.

If all pleasures & passtimes me thincke there is none like vnto good cheare, what shuld mã do but passe awaye the time wyth good fellowes and make mery, seinge we haue but a time to liue, cast away care, wherfore is meat and bellies ordeined but the one to serue the other the flesh that we daily increase is oure own: Abstinence & fasting, is a mighty enemy and nothing pleasaunt to me, and be vsed of very fewe that loue thẽ selues, but only of beggers, and couetous sparers, whiche do spare muche and spend litle.

The Epycure desyreth to liue al together in belly cheere.

Humfrey.

I knowe well your goodlye expence of time, I wis it is no meruaile, although you make your belly your God: and bost of it. You se that al lusty reuelers, & continuall banket makers, come

to great estimacion, as exãple to Varius Hæliogabal⁹, which was daily fedde with many hundreth fishes and foules, and was accõpanied with manye bzothels, baudes, harlottes, and glottons and thus it doth apeare by your abhozring vertue, that of righte you might haue claimed a great office in Heliogabal⁹ court, if you had bene in those daies, but you haue an infinite number of your conuersation in these daies, the moze pity.

Heliogabalus court fit foz bellp goddes.

Jhon.

What good sir, I require not your counsell, I pzay you be your owne caruer, and geue me leaue to serue my fantasy. I wil not charge you, you are verye auncient and graue, and I am but ponge, we be no matches.

Humfrey.

Good counsell is a treasure to wise mẽ, but a very trifle to a fole

foole, if thou haddest seene those thinges which I haue seene, I know thou wouldest not be such a man, nor thus spend thy time.

Jhon.

VThat haste thou sene, that I haue not seen?

Humfrey.

I Haue seene many notable and greuous plages, whyche haue fallen vpon gready gluttons, as wasting their substance, disforminge their bodies, shortninge their pleasaunt daies, and wher as glotony remaineth, frō thēce is moderate diet banyshed: and those bellies that folowe the lust of the eyes (in meates) in youth, shall lacke the health of all their bodies, in age if they liue so lōg.

The rewarde of bellye goddes.

Jhon.

Me thincke thou canste geue good

counsel, thou semest to be seen in Phisicke. I pray thee is it so great hurt to delight in plenty of bankettes?

Humfrey.

Frutes of inordinate banquets.

SIr, if it will please you to bee somewhat attentiue, I wil tel you. It is ỹ very graine wherof cõmeth stinking vomets, saucye faces, dropsies, vertigo, palseis, obstructiõs, blindnes, flires, apoplexis, caters and rewmes. &c.

Jhon.

Is it true that you haue sayd to me?

Humfrey.

VVOlde to God dailye experience did not trye it, I do perfectli know it. And once thou shalt be a witnes therof, if thou come to age.

Jhon.

THen I beseche thee gentle frende Humfrey, declare to me: why, ther is such diuision among Phisicions?

Hum-

Humfrey.

THou seest, amōg the Theolo giās there is much varietie, & yet but one trothe. Diſcordes be soone knowen of Muſicians, and the Phiſitions be not ignoraunt of the generall natures of thinges. No diuiſiō is although it do so apeare: for regēts, place, age, time, and the preſēt state of mans nature must be obſerued, & not the old rules in al poynts. For mans nature is sore altered and chaunged, into a viler sorte than it was wont to be. Variety of opinions.

Ihon.

SOme do repoyt yee mē of great eſtimatiō, saying: what nedeth phiſick, it is but an inuētiō only for mony, we see (say they) who liueth so wel, as thei which neuer knew Phiſicke, & so euill as these Pothecarie d men? An obiecti on against phiſicke.

Humfrey.

MAny men be moze rich then wise, & moze estemed, for titles of their honors & worships, then for ani other vertue or cunning, such men in some poynts, be moze ingratfull to naturall remedies then dogges: whyche can electe or chuse their vomitting grasse, or birdes whiche can chuse grauell or stones for theyr casting. Plini the greate clarke, hathe a thousande reasones, to proue them folithe that will obiecte againste physicke. And the author of al things did well fore see & know, what was good for mans nature, whan he stretched out so larg a cõpasse rond about thearth with the noble planets and signes, and their courses, influences and heauely qualities, and garnished the earthe wyth fruits,

God the author of Physike.

God ordeined herbes for the health of man.

fruites, herbs, flowers, leaues, grains, oyles, gums, stones, for mans comfort and help, and ordeined the Phisicion for to helpe man. Thus the almighty haue done saith Salomon. And in recompēce, God hath not apointed the phisicios to be railed vpō, or dispised, but honoured & rewarded: yea, esteemed of princes. And seing God, nature, and wise mē, be on mi side: I force not of other mens fantasies, with whom neither God, wisdom, nor nature is guide. Salomon. Eccle. 36.

Jhon.

VVhy is Phisicke of such great authoritie: or hath it ben in estimatiō among olde fathers? Say that be proued of thy parte.

Humfrey.

That I can proue.

Jhon.

If thou cãst bring in any reuerẽt fathers ẏ loued phisick: I wil not despise, but greatly esteme it, & desire coũsel in demaũding of a few questions.

Humfrey.

The praise and excelẽcie of Phisicke.

Moises.

Adam.

Iesus Sirack, capi. xxxviii.

Diodoro.

Test.

Ouid.

Metamor.

PHisicke hath bene in so hye an estimaciõ, that the gentils did all consent, it came from the immortall gods. The Hebrues did wel knowe it, as Moises in the most auncient boke, called Genesis, primo, doth discribe the work of the almighty God: of herbes, fruites, and plantes, that Adam might teache the vertues of thẽ to his childrẽ. Iesus Sirack which was endued with ẏ spirit of god hath lefte a laude behinde hym greatly commending Phisick amongest the deuines of the Hebrues. Mercury amõgst ẏ egiptiãs Ouide dothe greatlye commend Apollo, the inuenter of hearbes, when

when they were almoste oute of memorye, he reuiued their vertues, and taught their nature to others that folowed hym. After that came Aesculapius, which did many moste excellent cures. And chiron, thinstructer of Achillis, whose name cā neuer die as long as the herbe centaury, groweth vpon the earthe: whiche is called after his name Podaliri⁹ & Machaon, were two brethren in the time of the battell of Troye, which were excellent Phisiciōs, and be greatly commēded of Homer, who was more excellēt thē Hippocrates, in the yle of Coose: whose workes wil neuer die, for he brought in phisick, and digested it into fair bokes, for mans great health. Then came Gallen not vnknowen to all wyse and learned Phisicions. I could reherse

Chiron centaury.

Podalirius

Machaon.

Hippocrates.

Galenus.

herse manye moo, but thys shall suffise to proue phisicke to bee of greate authoritye amonge olde fathers.

Thou.

I Pray thee frende Humfrey, what is phisicke: I woulde be glad to learne some of thy knowledge, for thou hast a good order in talking, and seeme to be grounded of authoritie. Therfore I am sory that I haue contended with thee. I praye thee bee not angrye, with my former talke.

Humfrey.

Hipocrates in lib. de sta.

HIpocrates in his boke of windes or blastes, saith ỳ phisick or medecine, is but a putting to the body which it lacketh, or taking from the bodye things superfluous. And althoughe oure life be shorte, yet the arte of Phisicke is long, because great nombres of thinges be in it, and requireth muche study, labour and practise.

The diffinition of Phisick.

practise, and first of all, it requireth much contẽplation or knowledge, in studying good bookes, which is called theorica. Secõdly the very effecte of contemplatiõ or study, is practica or actiua, whiche is doing of the thinges, that learninge hath taughte as repairing, amending, or preserving the bodies of men, women and children. &c. Hippocrates in primo apho. Theorica.

Jhon.

It semeth to be a goodly science.

Humfrey.

HErodotus saith: they greatly erre that call it a scięce, for it is an excellẽt art in doing of notable thinges. And science is but to knowe thinges. There is also in this excellẽt art, sundry sectes of physicions, some be called Emperici, who suppose that only experience doeth suffise, and so by use Herodot. Emperici.

vse and experience dooe take in hande to heale diseases, not knowing the cause of the said disease or sickness. Philinus was one of that sect at the first beginning. Then folowed Serapion, & after that Apolo. And then cam Glaucius Menadotus Sextus. &c. An other kinde of phisitions, be called Merhodici, which neither obserue time, place, age, state, nor cõdition, & thinke them thynges of small profite, but only they respecte is to their disease: they loue not longe study in phisicke, and are greatly decepued, because they would build without foundacion: and haue the frutes before thei haue planted ỹ trees. These mennes cures be but by chaunce medly. One Sirus begã thys, whiche receiued certayne rules of Asclepiades. The chief & best

Philinus.

Serapion.

Apolonii.

Methodicie.

Asclepiadeo.

best secte of Physitions called Dogmatici. These be ỳ wise mẽ which sette not the carte before the horsse, nor the rootes of the trees vpwarde. They dooe prudentlye consider the chaunge of mans nature, ỳ dwelling place, thalteration of the aire, the time of the yeare, the custome of people, the maners of diseases, the fashion of mens diet: And thys they wyll proue by true argumentes and reasons, and will be very careful for their patientes. The disciples of those mẽ, be the best scollers, therfore I counsel thee Jhon to loue wel Hippocrates ỳ Prince of physitions, which begã ỳ best maner to geue rules to all the louers of Physicke. Of this writeth Callen, much praising Hippocrates & his folowers & in these daies Leonhardus Fuchsius,

Dogmatici.

Hippocrates.

chius Matheolus.&c.

Jhon.

SEinge thou hast spoken of soundry sortes of Phisiciones, I praye thee what partes be there of phisicke?

Humfrey.

Gallen de elemen. de temp. de facul.

TRuly there be fyue thinges to be noted in phisicke, as.v. principal parts, as Gallen saith: in lib. de Elementis. The first is to consider the nature of mans body The second is, to kepe the body in healthe, and to defend it from sickenes and infirmities. The thirde is, to knowe all the causes, rules, and sedes, wherof the sicknes doth grow. The.iiii. is Crises or iudgmēt of the disease of thinges present, past & to come. The fifthe is the best and most excellent for it showeth the maner of healyng, dietinge, fasshon, order & waye to healp the sicke

Phisicke deuided into fiue partes.

sicke bodie, & preserue the same, as longe as man doth remayne in the state of life.

Jhon.

Thou haste spoken of the partes of phisicke, what is the forme maner of distribution thereof?

Humfrey.

It is distributed in thre formes one is natural, another vnnatural ẏ. iii. against nature. The first is, by those things wherof ẏ bodie is cōpacte, cōstituted or made as Gallen saith: in his. iii. boke of his Tēperamētes. cap. 4. The secōd is called not natural, as metes or things to preserue ẏ body in health, thei be not called vnnaturall, because they be againste the bodie, but because the rashe takynge, or glotonus vsinge of them, may brynge many things to the vtter destruction of the bo-

Gal. lib. iii de temp. cap. 4.

die. The thirde, bee thinges against nature, which doeth corrupt the bodye or poison nature, wherof Galen writeth.

Gallen. in lib. 2. The rap. metho.

Jhon.

NOwe thou haste taught me shorte rules of the partes & formes phisicall, I pray the shewe me some pretye rules of the complexions of men, and that I may aptelye knowe them with their propreties, elementes, temperamentes and humoures.

Humfrey.

VPon my lute some time, to recreate my selfe, I ioyne with my simple armony, manye plaine verses. Amonge all other one smal songe of the foure complexions, wilt thou heare it, take that chaire and sit down, and I wil teache thee my songe.

Jhon.

I thanke thee.

Hum-

The bodies wher heat & moister dwel,
Be sanguine folkes as Galen tel,
With visage fair & chekes rose ruddy:
The slepes be much, & dremes be bluddi.
Puls great and ful, with digestion fine,
Pleasauntly concocting, flesh and wine,
Excremēts abouñdant, with anger short,
Laughing very much and finding sport,
Vrine grose, with couler read.
Pleasaunt folkes at borde and bead.

The discription of the sanguines.

Wher cold wt moister preuaileth much
Fleumatike folkes be alway such,
Fatnes, softnes, here plaine and right,
Narrowe vaines and couler white,
Dul of wit, no hart to bold,
Puls very slow, disgestion cold.
Sleping ouer muche, vrine grose & pale,
Spittle white & thick, thus endes ẏ tale.

The discription of the fleumaticke.

Choller is hot, and dry as fire,
Leannes of limmes and puffed with ire,
Costiffe bellies with little slepe,
Dreames of fire, or woundes depe.
Sallowe coulered, or tawnye read,
Feding on fait meats, & crusts of bread.
Voyce sharpe, and quicknes of wit,
Vrine yellowe and faltnes of spit.
Pulses swift, and very strong,
Cruel countenaunce, not angry long.

The discription of the collericke.

The discription of Melancoly.

Melancholy is cold, and very dry,
As heere in rime his signes wil try,
Heare playne, and very thin,
A leane wretch, with hardnes of skin.
Colour whitly, or like to lead.
Much watch, and dreames of dread,
And stiffe in folish fantasy,
Disgestion slow, and long angry.
Fearefull of minde, with watry spittle,
Seldome laughing, and puls little,
Vrine watery, and very thin,
The colde earth, to him is kin.

Jhon.

This is a good song, & I will learn it for though it seme not very plesāt, yet I perceiue it is profitable. Nowe ye hast spoken of the signes of the. iiii. cōplexions, I pray thee teach me shortly, how to know the Elementes.

Humfrey.

Hippocrates de ele. Auic. in canteca.

They be ye. iiii. beginners vnmingled & vntempered, from whose mixture euerye corporall thinge hathe his substaunce.

Jhon.

What be the parts? I pray the tel me?

Hum-

Humfrey.

FOure, thone is earth, the heauiest matter & grossest, which is colde and dry, and melancoly. And the other is water, whyche is lighter & moste subtil then the earth, & of nature is cold, moist, and flegmaticke: Then is ayre more purer and lighter then water, and if it be not altered wyth anye other straunge cause, it is hote and moiste and sanguine. Then fier is moste lighte, pure and cleare, a clarifier and a clenser of al thother elements, when they are corrupted, and is of hys owne nature hote, drye, and collericke. And of these foure Elementes, bothe man, beaste, fishe, foule, herbe, stone, mettal, haue their propre working not of one of the elementes alone, but of al: some more and some lesse, accor-

The dis-tripcion of the.iiii. Elementes.

Galen. in lib. 8. decr.

dyng to their natures. Hipocrates sayeth: after the soule is gone from the body, the body doth returne to the first matter wherof it was made: And to conclude, all thinges that be made vpō earth, shall returne vnto the earthe againe in time.

Jhon.

Why might not men, beastes, fishe, or foule, herbe, or tree, be of one element aswell as of foure? I praye you tell me.

Humfrey.

NO, for Aristotle saith. De' ex natura nihil agunt frustra god and nature hath done nothing in vaine. And if any thing vpon the earthe sencible were of one elemente: no sickenesse coulde hurt it, nor disease corrupt it, but euery thing liuing vppon the earth, seing it hath had beginninge, it must

Creatures are compounded of more elementes then one.

must nedes haue ending, to whō these foure compleriōs doeth be long, if they do greatly abounde or deminish, or withdraw theyr vertues with quantities or qualities.

Jhon.

MAye a man see anye of the Elementes.

Humfrey.

THe thing whiche men do see, be none of ỹ four Elements not earth, but earthie, not water but waterie, not ayre, but ayrie, not fire, but firy. But the things, whiche men do sele, be the foure Elementes, as earth, aire, fier, & water. And these be ỹ vttermost simples of complerions, diuerslỹ & specially, alone of them selues or mingled with other, takynge sundry and diuers effectes, maners, condicions, formes & qua-

Elements felt & not seene.

lities, both in mā and beast, and euery liuing thing, sensible and insensible.

Jhon.

VVhat is the cōplexions of the four quarters of the yeare, and names of the signes?

Humfrey.

Hipocra. in lib. de Natura humana.

THe spryng time when bloud doth increase: Sommer whē red choller dothe rule: Harueste when choller adust, or melācoly doth reigne. Winter when fleme dothe abounde in full strengthe.

Winter. Spryngte. Sommee Harueste.

It is called winter from the .xii. day of December, vnto the tenth day of Marche. This season is colde & moiste, it is called spryng time, frō the .xii. day of Marche, and endeth about the .xii. day of June. Sōmer begynneth about the .xii. day of June, and endeth about the .xii. daye of Septēber.

Autum-

Autumne or Herueſt, beginneth about the .xiii. daye of September and endeth about the .xi. day of December.

Capricornus, Aquarius, Piſces, be wynter ſignes. Aries, Taurus, and Gemini, be ſignes for the ſpryng. Cancer, Leo, and Virgo be the ſignes for ſommer. Libra, Scorpio, & Sagittari, be the ſigns for Harueſt. And the ſunne goeth throughe all theſe .xii. ſignes in .xii. monethes. And the Mone goeth .xii. times through eche of the forſayde ſignes ones in the yere, and do take ſondry effectes in man, beaſtes, & frutes, in the ſaid ſignes: hote or cold, moiſt or dryc. The .xii. ſignes.

Jhon.

What be the complexions of medicines?

Humfrey.

Auic.in pri. can.

Meates and medicine bee knowen by tasting

Those thynges that ouercommeth and gouerne the body, as purgacions, expulsiues. &c. be called medicines, and those thynges that norysche and augmente the bodye, bee called meates. For the complexions of meates & medicines, be knowen by their tastes, as coldnes, hotenes, moistnesse, drynesse, bitternes, saltnes swetenesse, fatnesse, sharpnes, stiptick, and clammy. And because thy request is, to haue prescribed vnto thee, but only a litle gouernement of heith: I wyll showe vnto thee another of my litle songs in plain meter, howe thou shalt knowe meates and medicines, by their tastes.

Jhon.

That is my chief desire I will heare thee, say on.

Hum-

Humfrey

COlde quencheth the collers pride.
Moist humors, that which is dryed. Cold.
The flowing moister, by prose I trie, Moiste.
Is wasted of humors, hot and drie. Salte.
The subtil fode, that is persing quicke,
The clammy meates, maketh it thicke.
Bitter thinges, clense and wipeth out, Bitter.
And expel fleum, and maketh soft. Clammy.
Salt drieth, and resolueth fleum tough, Stiptick.
Fat norisheth, & make soluble inough. Sweete.
Stiptick or rough taste on the toung,
Bindeth and comforteth appetite long.
Swete thinges in clēsing, is very good,
It desolueth much, and norisheth blood
These things wel vsed, nature wil please
But abusing thē beastly, brīgeth disease.

Jhon.

IN good faithe, me thinke thou sayest wel, for there apere perfit reasons in these thy prety rules. Nowe thou haste declared vnto mee, the signes of complexions of men: wyth the waye and apte knowledge of meates by theyr tastes, I woulde fayne learne, shortlye the temprāmentes and complexions of mankinde.

Hum-

Humfrey.

THere was neuer no discrete, nor wise phisicion, that ether feared God or pitied mankynde, or loued his own honesty: wolde take in hande either to prescribe diet, or to minister medicine to any body, before he well did consider, and wisely weye with hym selfe, the temprament, mixture or complexion of mankinde. Firste whether he were hoote or colde, moist or drye, fat or leane, or indifferent betwene them bothe. Tempered by healthy, or distempered by sickenesse, as the extremities of hotnes, coldnes, moistnesse, and drienesse. Therefore Jhon, these thinges may not be forgettē, you muste note also the foure ages of mankinde, & fyrst the tender state of childē, which begynneth at the birth, and so cōtinueth

Auic in pri. tract. cantico. Gal lib. 1. cap. 2. li. 1. cap. 3 li. 4. cap. vlti. Saw, med

tinueth vntill.xv.yeares nexte after their said byrth: Their tempramentes or complexions, bee hoote and moiste, very like vnto the sede wherof they be procreated, then next vnto childhode or innocēt age. Youth (which is the seconde part of life) beginneth to reigne, his temprament or complexion hathe rather more fyrye heat, then perfite naturall heat, and this second age, continueth xiiii.yeares, as Galen saithe. Well, in this two first states of life, let al natural fathers & mothers bring vp their youth vertuously, set ẏ fere of god befor their eies, for parentes haue no smal charg cōmitted vnto thē, ẏ must geue accompt to God, how they haue brought vp their childrē: & they ẏ in these yeres do spare correction, truelye be greuous enemies

Yong children hotte and moist

Seconde age.

Gal. lib 5. Aphor. cōmen. 9.

An exhortacion for bringinge vp of youthe.

mies vnto their childzen, and at laste shall be recompensed wyth shame, when they shal se missoz-tune and wzetchednes, fall vpon the frutes of their owne seedes. Foz men haue small pzofitte of their cozn, which be choked and ouercome with thistels, bzyers, and bzakes, which were not weded in time, much les of their childzen, whiche haue receiued neyther cozrection noz honest learning in due season. If ỹ kepers of gardens be careful ouer their late sowē sedes, & tender herbs, whiche are in daunger to be destroied of euerye froste: What shoulde good fathers & mothers do foz their childzen, whose tender and youthfull yeares bee caried away, & ouercome of euerie soliche fantasy, and it is no mer-uayle. But this shall suffise foz

the

the wise, and smallye profite the fooles, but to my matter whiche I tooke in hande, I will return vnto the thirde age of mankind, which is called the lusty state of life, and beginneth at. xxv. yeres and continueth vnto. xxxv. This age is hoote and dry, and verye collerick, as Galen saieth: Thys part of life is subiecte, to manye burning and extreme feuers, & hote vlcers: therfore it is necessary to knowe this temprament or cõplexion, which is called collericke, as plainly may appeare by age, strength, diet, prine. &c. This is the best tyme for mankynde to trauell in, with godlye exercise in science, arte, and profitable trauels in his vocation, puttinge in practise, the vertues which he hath learned in youth, for thys is the sommer parte of life,

Third age hot and dry. Galen. in lib. Simp.

life, wherin al goodlye frutes do florishe in euery good occupatiō. Thys is the very heruest, to gather precious corne, and frute of their labours againste the colde stormes & cloudye daies of their aged wynter, wherein the bodye shalbe weake, and the eies sight decaye, and the handes trimble, and therfore it is not comelye to see the state of age, without rest, whiche in the time of youthe, did honestlye trauell. For there is a grace geuen to manye creatures vnreasonable, both beastes and foules, to make prouision before hand, what is thē to be required of men reasonable, as followeth in these verses.

The best time to prouide for age.

The bird in time her nest can make,
The bee wil build his house ful fine,
The Crane with stone in sote wil wake,
The Cony wil carue vnder the mine,

The

The Squirel in trees her nuts can kepe,
Against colde winter to feede and slepe,
And shoulde not man wel forsee,
In youth to know his old degree.

THen from .xxxb. or few yeres folowing the lusty brauches of youth, begin to abate his plesaunt leues, flowers and fruite by litle & little wil decaye, rawe humers, crampes, dropsies, quaterns, melãcholy, wil then drawnere. The riots, surfits, sore labours, bearing of extreme burdens, wrestlings, actes venerus with the abuse of youth, wil then spring forth, to the detrimente of age and sodaine decaye of life, in especiall of drunkardes.

Lustie youthe lasteth hys time.

☞ Note what followeth lusty youth.

Jhon.

VVhat be the places of bloud, Choler, fleume, and Melancholy: naturall or vnnaturall. Thou haste not made a particuler distinction of theyr

proper places, but generally thou hast spoken wel in thy song.

Humfrey.

There are also other discriptions of the foure humours, very necessary to be knowē, and their places where as they dwel within the body, & first of bloud, as Galen saieth in his first booke of effected places, bloude (saieth he) that is in the pulsis, dothe greatly differ from the bloude of the vaines, for the bloude of the pulsis is thinner, yeallower and hotter, and this bloude, maye be called the gouernour of life. The spring & fountaine of the bloude generall is in the lyuer, whyche ieruethe euery vain of bloud, and this bloud in couler is very red. Fleume is white, and is ingendred in the stomake, and at length by the vertue of naturall heate, pure

The. iiii. humours naturall & vnnaturall accidentes discribed.

Fleume white.

pure fleame is turned into blud. There be also watry, slimy glas-sy, grose, salte, sower, thyck, hard, bindyng, & extreme cold, fleames, whiche in dede be vnnatural, that bee engendred through surphets, coldenesse or ydlenes, bryngynge to the bodye manye noysome dys-eases. There is also coller, which is pellowe, whose place in the bo-dye is the gall, whiche commeth of the clensynge or purifyinge of bloude, and this coller is cleare, hoate and drye, and the comfor-ter of decoction. Greene coller, or coller myngled wyth fleame, be vnnaturall, melancolye natu-rall, in the splene is nothinge but the sixe degrees, or heauye resi-dentes of the bloud, the naturall melãcoly is knowen by his black nes, the vnnaturall cometh of the burning of coller, and is lyghter

Pellow coller.

Greene coller.

& hoter, browne of couler, sower of taste, and putteth the bodye in great daũger: as madnes, blacke iaunders, continual feuers, and sodaine deadly diseases. Therefore my frende Jhon, remember this shorte discriptiõ of humors, as ỹ words of Galen & Auicẽ sai.

Auicen in lib. can.

Jhon.

THus I haue heard the seuerall plaetinge of the foure complexions of bloud, Choler, Fleume, and Melancoly, and is there anye distincte boodnes, coldnes, moistnes, and drienes, in anye other creature besides man? tel me.

Humfrey.

NOt onlye in manne, but in beastes, fish, foul, serpentes, trees, herbes, mettels. And euery thing sensible and insensible, according to their natures, & be equally mingled or tempered together, which is called mean tẽperaunce, or els exceadeth in degrees

grees, whiche is called intemperaunce, hote and moiste, may be compounded together, soo maye colde and drie, hote and drie, cold and moist, example. A cholerick man, hote & drie: a Fleumaticke man, cold & moist. &c. Of herbes as hisope and rewe, hot and dry, pursleen and coucumbers, cold & moist. &c. But temperamentes or complexiõs of men, beastes, and trees, be some hoter, som colder, according to their natures. As a Lion is hooter then a chollerick man: pepper is hoter thẽ cloues. And though ther bee degrees in more hotnes or more coldnes, yet they are called but hote or colde, as men after laboure or trauell, they will saye they are hotte, but the fier which people warme thẽ at, is hotter. Also ther be thinges repugnaunte to temperamentes,

Gallen in lib. 4. de tempor.

as moyste and dryues together, heate and coldenes together, as fyre to bee colde, or the water of his own nature to be hote, which water peraccidente of the fyre is made hote: and fyre quenched by the water. And euerye thynge exceading greatlye with dystemperaunce or wantyng temperaunce or complexion, doe eftsones come to an end, and mē by extreme sicknesses, surphetes or woundes, or finallye age, lackynge naturall vertue. Of heate and moistnes of trees and herbes, from whome iuce and sappe is withdrawen, these thynges of necessitye muste nedes die, and come to corruption as Gallen and Aristotle sayth.

Galen in lib. 4. de tempar. Arist. de Gene.

Iyon.

Whether bee men or women of colder complexion?

Humfrey.

Auicen

AVicen sayeth: lyke as men bee hote & drye, so be women cold and moyst. Auicen

John.

YEa but Lucian sayeth: they bee pereilous hote of theyr tonges and full of venim: though I am no phisition, yet can I make a discription of that member, for I am ofttymes stinged wyth it, I woulde to god they had been wormed when they were yonge, but when they are olde, they are paste all cure, but the best medicine, that I haue is a gētle herbe called rewe, whiche I am neuer without great store. Whether this be true let the marred iudge.

Humfrey.

MAnne kind was borne naked to this ende, that he myghte clothe hym selfe with other creatures: whiche he brought not in to this worlde with him, as cloth, lether, harnes made of yron, for his defence, because he is ỹ chyefe creature. But horses of nature Ill thynges bringeth his apparell with hym sauing ma.

haue harde houes, Lions sharpe teeth, purpintins sharpe prickes which is their continual and natural armor, as things euer prepared to debate & strife, & by no art can scant be tamed. The rose as pleasauntlye as she doeth appeare, and as sweteli as she doth smel, spring not further without a great nōber of sharpe prickes. Therfore it is tollerable for men to beare with them whome nature hath sealed and marked for his owne. With that humor most chollerick, disgresse from this thi communication, and let vs talke of things more profitable, for in dede this is pleasant to no man.

John.

Seing thou wilt not discribe me this particuler members, of whyche we haue spoke, I would be glad to knowe the partes of mankinde, wyth a shor discription of his members.

Humfrey.

MEmbers be simple and also compounde, the simples be tenne in nomber, the cartilages, the gristels, the bones, vaines, & sinewes, arteries, pannicles, ligamentes, cordes, and the skin. Members compounded, be those that be ioyned and builded together of simple members, as the handes, face, fete, liuer, and hart and so compounded members, be made of simple. Some of the compounded members be called principalles: as the harte from whence the arteries springes, the brain, frō whēce the sinewes springes, the liuer whyche is the well of the bloud, frō whence the veines do spring, and the stones of generacion, from whence the sede of life do spryng: but those compounded members that bee

A diffinition of membres.

principall. Be all the other members except the simple as the nose the eares, the eyes, the face, the necke, the armes and legges, and the braynes, and chiefe substance of our flesh, be compounded members of sinowes, & couered wyth panackles, whiche bee of a synue nature, but that sinewes geue felinge to all the whole bodye, euen as the arteries geueth spirituall blud from the hart to euery member. The whole bodye is couered with filmes and skinnes. Out of the head springeth harde matter issuing from the places called the pores, to purge vapors and smoke from the brayn, whiche ascendeth out of the stomake into the heade and is clensed through Pia mater, called the tender couerynge of the brayne or spirites animall. And therfore as some partes of ỳ body being

Muskels & sinnewes flesh.

being deuided in sonder, be eche lyke vnto the other, and yet called by the name of the whole, as for example. Whē the bones be broken in sondre, or the flesh cutte in to diuers peces, or the bloud poured into sondrye vessels. A piece of flesche is styll called flesche, a fragmente of a bone, is called a bone, and a drop of bloude is called bloud: Euen so an hand, arme, bayne, or suche lyke vnseperate partes beyng deuided into pieces or called by the name of pieces, & not by the name of the whole part (as is before.) But my frende John, to make a large discription of Anatomy, it were to longe for me, but shortlye I wyll say somethyng. And first of the diffinition therof is, whā the body of a dead man or womā, is cut and opened, and the mēbers deuided, or for the want

A part is called by the name of the whole & not þ whole by the part

What anothomye is.

wāt of dead bodies to read good bokes as Galen. Auicē. ꝛc. And it behoueth thē that cutteth a dead cozpes, to note. iiii. things. Firste the nutramentall members, as the liuer with the vaines: the seconde is, the members spiritual, as the harte with ỹ arteries, the thyrde is the animall members, as the head, brains and sinewes. The fourth & last, be excrements of the bodye, as armes, legges, skin, heere. ꝛc. Of these said mēbers, with the boones, is all the bodye compounded. And lyke as euerye tree and herbe, haue theyr rootes in the earth, & their brauches springeth vpwarde, euen so the rootes of mankinde, haue the beginning in the braine, and the senewe and brauuches groweth downward in the which braine, dwelleth the vertues of imagination,

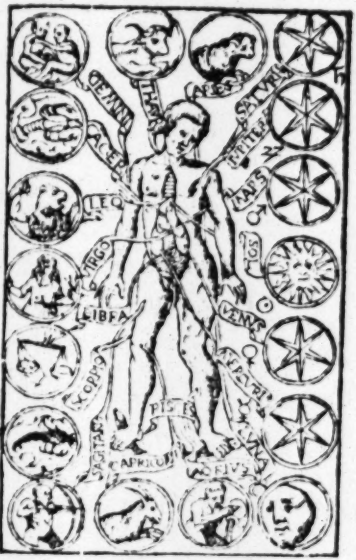
Four thinges considered in the body of man,

Example,

tion, fantasye, memorye. &c. And these animall vertues, be placed as it were heauenly aboue al the members, communicating theyr heauenly influences, downe vnto the hart, as to a prince, or chefe ruler wythin the bodye, whyche geueth life to euery part therof. Thou shalt cõsider, that the hart was the first ý receiued life from the spirites, and shalbe the last ý shall die. Note also, that as there be noble sences geuẽ to the body, as seing, hearing, smellinge, tasting, feling: euen so nature hath foure principall vertues. Firste attractiue, the seconde retentiue, the third Dilgestiue, the fourthe Expulsiue. Attractiue is that by the which euery part of the bodye drawe th the fode of lyfe, and serueth the vertue Dilgestiue, and the Retentiue do holde the meate

vntill

vntil it be ready to be altered and changed. Diſgeſtiue do alter, and maketh the foode lyke vnto the thing that it noziſheth, as fleume, bloud. &c. Erpulſiue doe ſeperate them from thother, the good from the bad. Thou oughteſt alſo moſt chiefly to learne the knowledge of the vaines, and foz what ſyck-neſſe, they muſte bee opened and what medicines, eyther in ſyzops oz pils thou muſte vſe. And fyzſte marke this figure of the Anato-mie here pzeſent before thee, with the heauenly ſignes, becauſe I haue not painted at large the ſeuerall partes of the ſayde Anato mie.



Take sirrupes or decoction of rootes or herbes before you receive purgatious.

THe myddle vayne of the forehead is good to bee opened aagainst Megrim, forgetfulnesse, and passions of the heade. And they

they that be letten bloud of thys, or any other payne, muste fyrste haue their head purged with pillule Choci Rasis, or some purgation, but first vse thinges to extenuate matter, as syrruppe of Buglose. &c.

Lepzosy. Against Lepzosye & deafnes. Let bloud the two vains behind the eares, and vse the sayde pilles or els pillule Aurea Nicholai or Arabice, or confectiõ Hameth minor.

Replexion. Against replexion or to much bloud, or bloud in the eies, flowing in the head, open the temples vaines called Artiers, for they be euer beating. And vse to pourge with pilule Artritice, Nicholai or puluis ad epithama Hepatis.

Stoppinge in ỹ throte. Against Squinãce, stoppinge the throte, and stoppynge of the breath. Let bloud the vaines vnder

der the tounge. And for this vse Philonium maius Nicholai, and Gargarismes, Pillule Bechie, and oximel Simplix.

Vaines called Oxigynalles, open not without great counsail of a learned Phisition, or a cunnyng Chirurgiō. They be in the necke, and haue a great courſe of bloud, that gouerneth the head, & the whole body. Vaines.

Against short winde, and euel blud, approching to the hart, and spitting bloude. Open the vayne called Dordiaca, or harte vayne, in the arme. Vse thinges to extenuate, as Aromaticum, Chariophillatum Mesue, serapiū ex Absinthii in cold time, serapium Boragi nis hot time and pillule stomochi. Short wynde.

Against palsy, pelowe Jaundies, burning heats, & apostimations of ỹ liuer. Opē ỹ liuer vain Palsye.

vpon

vpon the right arme. Take Serapium ex endiue . Diamargariton frigidum Auicenni.

Dropsy. Against dropsy open the vayne betwene the belly & the braunche, the ryght syde against the sayde dropsy. And the lefte syde against the passions of the milte, but bee not rashe, onlesse ye haue the counsayle of one well seen in the Anatomie. Use pillule Hiere cum Agarico.

Helping the Emerodes Against the stopping of the secreate termes or flurions of wemen, or helpynge the Emerodes and pourgynge sores. Open the vayne called Sophane vnder the ancle. Theriaca Andromachi, Pillule Mastichine, Petri de Ebano.

Theriaca is an excellent triacle Within .xx. houres after one is infected with ỹ pestilence cõming sodeinly. Open the vain betwene the wrest of the fote, and the great too.

too. Use Serapium Cichorii, and Pillule pestilentialis Ruffi.

Against stinking breath. Ope the vaine betwene the lip and the chinne. Use for thys Catharicum imperialie. Nicho. Alexandri.

Againste the toothake. Open the vaine in the rofe of ỳ mouth. And first purge with pillule Choci Rasis, or with pilles of Mastick.

Against quartens, tercions, paines of the lest side. Open the sclene vaine, commonlye called ỳ lowe vaine, with a wide cut, and not depe: For Chirurgions nisely pricking or opening vains, wyth litle Scarifactions, doth let out good pure bloud, and still retain, grosse, cold, and dry earthly matter, to the great hurte of theyr patientes. And albeit, manye more vaines might heare be spokē of: and their vtilities, yet thys shall

Use to eate Capers, and take Pillule Iude Hali of pilulede. lapide Lazule.

well suffice by Goddes grace to kepe al people in heal th, that vpō iuste cause, haue these vaynes opened. Except olde men, wemen with chylde, and chyldren vnder xiiii. yeares of age, or men after diuers agues. For bloud letting wil then engendre perillous palsies, as very excellent phisicions haue wel declared. And after one be infected with the pestilence. 24 houres, before he haue receiued medicine, or bloud letting, miracle helpeth him, but truely no medicine haue vertue to do it.

Miracle helpeth, but no medicin in this case.

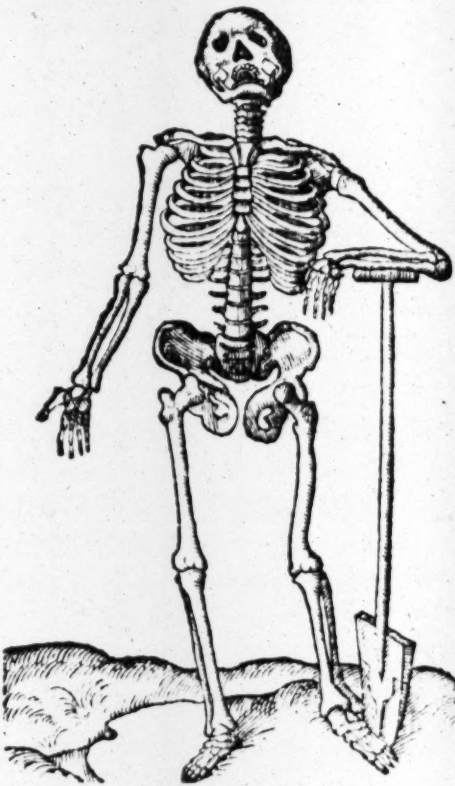
Iohn.

This same figure although it apereth in many bokes. Yet very few doe vnderstand it in all pointes, such be the secret workes of nature. And whereas thou hast wel spoke of some vaines, and apt medicines for the body: I would faine see the true forme and shape of the bones.

Hum-

Humfrey.

OH Jhon, it were a long tyme to declare ꝑ ſinguler mẽbers with the compoundes, as Gallen do in his booke of the partes and boones. It requireth onely one worke, but I haue taken in hand to teache thee but a gouernment of helth: Not withſtanding at thy requeſt, I will ſhowe vnto thee a ꝓpoꝛtion of the boones, no leſſe trewe, than newe, whiche is the very tymber oꝛ poſtes, whereupon oure frayle fleſhe is buyldid, begynnynge in oure mothers wombes, and endynge in earthe, the mother of all thynges. And as the noble Pꝛince Auicen Affirmeth ꝑ nomber of al ꝑ bones, be. CC. xliii. beſides Siſamina, & Os Laude.



Jhon.

Thou hasse spoken of the opening of vaines, and medicines conueniente to clense the bloude, with the figure of boones, but thou hast not spoken of cōueniente time when to let bloude, nor of the state of age of thē whose vaines should be opened. Therfore I wolde be glad to learne, not onlye time of bloude letting: but also, of purging the bellye, vomites, bathinges, nesinges, and rubbing of the body. &c.

Humfrey.

Everye thinge hathe his time conuenient and must be done wyth sober discression, and not with rash ignorancy, whiche killeth an infinit nomber. Therfore the cause muste be knowen and the time obserued, as Gallen writeth in the cōmentary of the Affoismes, of Hippocrates, manye bodies be extinguished by soden de the, in whō is extreme fulnes, or

Time for al thinges.

Hippo. in 1. Affor. 3.

aboundance. For aboundance of bloud or any other humer saieth Aristotle is thee cause of many sicknesses, and those menne that vseth muche glottonie in winter shalbe apt to receiue manye diseases in the spring time. Therefore when the bodi haue ertreme heate, fulnes of vaines, flushing with sodaine rednes in the face, grose and red vryne, and suche burning heate in the night that lette the sleepe, &c. then it is time to euacuate the bodie, with some purgation, blonde letting, or abstinence as the strength and age of the paciente wyll serue. For many diseases, be helped by discrete bloud letting, as pleurices hoote Feuers, Frenyces, repletion, or surphetes taken w ouermuche eatynge or drynkyng, as Gallen sayth, The letting of blud

Aristot. in pri. pro. 59 Auic. in. 2 pri. doc. 2. Cap. 6.

Gallen in lib. deflo, bothomia.

dzeth

drieth vp the superfluous moister of the belly, helpeth memory purgeth the blader, quieteth the braine, warmeth the marie, openeth the organs of hearing, helpeth digestion inducеth slepe. &c. Unto this agreeth Rasis, saing it helpeth greatli against leprosies squinaunces. Appoplexis, pestilencis. &c. But old men, childzen or women with childe, ought not to be lette bloude, nor also those people that dwell in colde regions maye not be lette bloude, because the bloude is the chiefe warmer of nature: ỹ people that dwell in hoote regions, if thei be letten bloude, it wyll dryе theyr bodyes, for bloude is the chiefe moister of nature. Therfore, is ỹ heate of sommer, and the coldnes of winter, forbidē to opē vaines, or let bloud, except for a stripe or

Rasi in 4. alman. ca. 15.

Rasi in. 4. alim. ca. 14

sodain chaunce, as Rasis saith the spring of ỹ yere is ỹ chiefe time to let bloud in ỹ right arme, or right fote, in the vaine called Mediana. Which vaine muste be opened aswell at other times in the beginning of sicknesses, as hot feuers & pleurisis. &c. As basilica should be opened in the midle or toward thend of a sickenesse. Purgations ought to be ministred with great discrecion, and not rashlye to be taken, for euerye trifle as thou hast hard me speake of bloud letting. So obserue the selfe same rules in purgation, as time, person, qualitie, or quātitie. For Hippocrates saith, withoute doubte it is nedefull to pourge the superfluitie of the body. As if bloud do abound to take thinges to purge bloude If fleme be superfluous, then take thinges to cleanse hys super-

Middle vaine.

Hip. in. 3. pri. doct. 2. cap.

superfluitie. If coller be to ardēt hote, vse thinges to extinguishe. If melancholy be to extreme then taste thinges to bryngе him into a meane. And not to pourge one humer with the medicines of an other, but to take them in due order and aptnes. For the saide humers as Valerius cordus, Mesue, and Nicholas, teacheth the maner of making of the moste excellent purgations with their quātities. And as in bloude lettynge sleepe muste be auoided for. viii. or. xii. houres after them: so when your purgations be taken, ayre is to be auoyded and to be kepte close for. ii. or. iii. dayes or more, as the malice of the disease, or power of the purgations be, and the counsel of Rasis must be followed. Whiche saithe oftentimes to take purgations or laxatiue medicens doth

Vsurpatiō in medicins is cuell.

Best in the morning to let bloude, cuel toward night.

Rasi in. 4. almā. ca. 15

doth make the bodye weake, and apt to the feuer ethicke, and specially in verye leane or weake persons they ỹ be verye fat haue smal guttes and vaines, purgations be very noysome vnto them. But strong bodies hauing large vesselles, may susteine purgations without any hurt, but strōg purgations, either in Pilles or potiōs, if thei anithing do exceede be very hurtful: therfore, ỹ doces or quantities maye not exceade. And also they muste be made as pleasaunt as arte can do them, onlesse they offende the stomake.

Meates & medicine greeth not excepte pils before supper.

Hippocrates geueth counsel that men should not mingle medicins with meat, but to take them thre or foure houres before meate, or els so longe after. Onles they be pils called Antecibum, which may be takē at the beginning of supper

supper, or els Pille chochi, a litle
before slepe, ii. houres after sup-
per the best tyme of purgacions
is in the spring tyme, as the doc-
ters doth affirme: the apt daies &
signes are commonly knowen in
the Englishe Almanackes, cal-
culated into Englishe. As in the
writinges of maister Leonarde
Digges, & of William Kenning
ham, a learned studente bothe in
Astronomy and Phisicke, wyth
manye mo good men that taketh
paines to profite ỹ cõmon welth.
There is an other maner of pur-
ging of the body by vomet, for it
clenseth from ỹ midrife vpward,
if they haue large brests, and be
collerick persons. It is good a-
gaynst Dropsyes and Lepro sies
& better in sommer thẽ in winter
as Hippocrates saith: & holsomer
one hour before Supper then at
any

Tyme to pourge.

Digges. Kenningham.

Vomites and they profites.

Hip. Sẽt. in. 4. Aphoris.

any other time, and not to be vsed as a custome: for the custome of vomittes hurteth greatelye the heade and eies, and make the stomacke so feble, that it will scante bere any meates or drinckes, but eftsones caste them vp agayne. They which haue narrow thrōtes and breastes, and lōg neckes vomites be nether apte nor good for them. And Auicen sateth: that vomites ought to be twyse in the moneth for the conseruacyon of health, but that whyche is more doeth hurte the bodye. There is an other kinde of the clensyng of the bodye by sweetynge, as with hoote drinckes, warme clothes, perfumes made of Olibalū brūstone, niter. &c. There is also bathes and sweetinge in hoote houses for the Pockes, scurffe, scabes, hemerodes, piles, whych hoote

Custome to vomite weakeneth the stomak.

Auicen in 4. pr. ca. 13

Of Bathes and their properties.

hoote houſes hathe the vertue of helping the ſayd diſeaſes. But if anye that be of an whole temperat complexion do ſweete in dyv hoote houſes, it doth them much harme: as hyndrynge theyr eye ſightes, decayinge their tethe, hurtinge memory. The beſt bathing is in a great veſſel, or a litle cloſe place with the euapuration of diuers ſweate herbes well ſodden in water, whyche haue vertue to opē the pores ſoftly, letting oute feble and groſſe vapers, whyche lieth betwene the ſkinne and the fleſhe. This kinde of bathing is good in the time of Peſtilence, or euer quarterin: in the ende of the bathes, it is good to anoynte the body with ſome ſwete oyle, to mollifie and make ſoft the ſinewes. And thus to cōclude of bathing, it is verye holſome, ſo that it bee not

The diſcommoditie of common hot houſes.

To vſe oyntments after bathinges is good.

To bathe vpō an emp-ty stomacke is perillous

not dooen vppon an emptie stomacke, palseis maye come thereby, or to take sodayne colde after it, there followeth an other purgation, called nesing or sternutation, whiche is benificiall for the body if it be vsed vpon an emptye stomacke. Twyse or thryse in a morning with a lefe of Bittony, put into thy nose, it helpeth memorye, good againste opilation, stopping & obstructions: Suspositers bee good for weake people or childrē, made with Hiera picra & hony, made in the lengthe of a finger: Scarifying or boring, as Galen saieth: applied vnto the extreme partes, as the legges, and the armes, doeth great help vnto the body, in drawinge watery humour away from the bodye, but boring is not good for the breast, applied therto in hoote feuers, is

Of nesing

Of suppositers.

Boringe doth muche good to the body.

dam-

daungerous. Glisters made accozding to arte, be good foz them whiche bee to weake to take purgations. The maner of the sayde glisters, because they be not here to be spoken of at large, I entend by Gods grace to set fozth in my nert boke of Helthfull medicins. Purgacions venerus, there bee so manye pzacticioners thereof, that I neede to wzyte no rules: but this, that effection, lust & fantasy, haue banished chastitie, temp zaunce, and honestie.

I will speak moze of glisters in my boke of helthful medicine.

Many practicioners of actes venerus,

Jhon.

PLaine people in the countrey, as carters thzeshers, ditchers, colliers, and plowmen, vse seldome times to washe their hands, as appereth by their filthimes, and as very few times combe their heades, as it is seen by flore, nyttes, grese, fethers, strawe, and suche lyke, whiche hangeth in their heares. Whether is washing oz combing thinges to decorat

decorate or garnisshe the body, or els to bryng health to the same?

Humfrey.

Beestes and birdes, vse frictions and prunig thē selues.

THou seest that ỹ deare, horse, or cowe, will vse friction or rubbing thē selues against trees both for their ease and healthe. Birdes and haukes, after theyr bathing will prune & rouse them selues vpon their braūches and perkes, and al for healthe. What shoulde man do, whiche is reasonable but to kepe him selfe cleane & often to washe the hāds, which is a thing moste comfortable to coole the heate of the liuer, if it be done often, the handes be also the instrumentes to the mouthe and eies, with manye other thinges cōmōly to serue ỹ body. To wash the handes in cold water is very holsome for the stomacke and lyuer, but to wash with hote water engen-

The profit which commeth in washinge the hands with cold water.

engendzeth rheumes, wozmes & cozruption: in the stomacke, because it pulleth awaye naturall heate vnto the warmed place, whiche is washed. Frication oz rubbyng the bodye, is good to be done a moznings (after the purgation of the belly) with warme clothes, frō the head to the bzest, then to the belly, from the bellye to the thighes, legges, & so fozth, so that it be done downwarde. And in dzie folkes to bee rubbed with the oyle of Camomill. Coming of the head is good a moznings, and doeth comfozte memozy, it is euill at night and opē the pozes. The cuttynge of the heer, and the paring of the nails, cleane keeping of the eares, and teethe, be not only thinges comlye and honest, but also holsome rules of Phisicke, foz they be su-

Hot water is vnholsōe to washe handes in.

Frication holsom foz the body.

Combyng the head.

Cutting of heer and paring of nailes.

perfluous thinges of the excre-mentes.

Jhon.

THe chiefe thing that I had thought to haue demaunded, and the verye marke that I would haue the to shote at, is to tell me some thing of dieting my selfe with meate & drinke, in health and sickenes.

Humfrey.

A consideration to be had in eatynge and drinkynge.

THere is to bee considered in eating and drinkinge, ỹ time of hunger or custome, the place of eating and drinking, whether it be colde or hotte, also the tyme of the yeare, whether it be Winter or Sommer: Also the age or complexion of the eater, and whether he be hoole or sicke: also the thinges which be eaten, whether they be fishe or flesche, frutes or herbes. Note also the cõplexions and temperaments, of the sayde meates

meates, hotte or colde, drye or moiste, and moste chiefly marke the quantitie & so furth. And like as lampes doe consume thoyle, whiche is put vnto them, for the preseruacio of ỳ lighte, although it cannot continue for euer: so is the natural heate which is wyth in vs preserued by humiditie & moistnes of bloude and fleame, whose chief engenderer be good meates and drinckes. As Auicen sayeth de ethica. When naturall heat is quēched in ỳ body, then of necessitie, the soule must departe from the bodye. For the workeman can not worke when his instrumente is gone: So the spirites of life, can haue no exercise in the body, when there is no natural heate to worke vpon. With oute meate saieth Galen: it is not possible for any mā to liue, either

A cause why ỳ soul departeth from the bodye.

whole or sicke, and thus to conclude, no vital thing liueth with oute refection and sustenaunce, whether it be animal reasonable or animale sensible, without reason or any vital thing insensible, both man, beast, fish, and wozm, tree, or herb, All these thinges be nourished with the influence or substance of the. iiii. Elementes or any of them.

Jhon.

VWell Humfrey thou knowest well my complexion and disorder of my diet, what remedye for me, that haue liued like a riotour?

Humfrey.

To eate both fishe and flesshe together hurteth the flegmatiche.

IKnow it wel thou arte flegmatike, and therfore it is longe or thy meate is disgested. When thou doste eat fyshe and flesh together, it dothe corrupte in thy stomack and stinke, euen so doth hard

harde chese and cold frutes. And olde poudred meates, and rawe herbes ingender euil humers, so ỳ diuersity of quality, and quantitie of dyuers meates, dothe bryngе muche payne to the stomack, and doth engendre manye diseases, as thou maiste rede in the first boke of Galen: iuumentis membrorum. c. iiii. And ỳ prince him self saithin. iii pri. doc. ii. Ca vii. Saing nothing is more hurtful then diuers meates to be toyned together. For while as ỳ last is receiued, the fyrste beginneth to disgest. And when the table is garnished with diuers meates, some rosted, some fried & baken, some warme, some colde, some fishe, some flesche, wyth soundrye frutes and Sallettes of diuers herbes to please thine eye: remẽber with thy selfe that the sighte

Calen,

Hipocrites,

of them all is better, then the fe-
ding of them all. Consider wyth
thy selfe thou arte a man and no
beast, therfore be tēperate in thy
fedinge and remember the wyse
wordes of Salomō: Be not gredy
saith he in euery eatinge, and be
not hasty vpon all meates. For
excesse of meates, bringeth sick-
nes, and glottonie cometh at the
last into an vnmeasurable heat.
Throughe surfite haue manye
one perished, but he that dieteth
him selfe temperatly prolongeth
his life. Therefore grose fyshe,
lambes flesche, the inmeates of
beastes, rawe Herbes, Pigges
braines, and all slimye meates,
be euil for thee: but late suppers
is worste of all: specially if they
be longe, for it causeth paynefull
nightes to followe. But Galen
saith in his boke Dieuchymia the
meates

To fede of diuers sortes of meates corrupteth the bodye. Eccle. 37.

Good dyet prolongeth life.

meates whyche be wythoute all blame, be those whyche be betwene subtill and grose. Good bread of cleane wheate, flesche of capons or hennes, Fesantes and partriches, Pigions, and Turtil doues, Black birdes, and small fielde Birdes, rosted Veale, or boyled Motton: These doe engender good blonde saith Galen. Note also that anye other meate that thou doest eat at supper, although it seme repugnante to a flegmatike stomach, if thou slepe well after it, and feele no payne, thou maiste vse it as a meate necessarye. And when thou canste not slepe wel, if the defaute came through meat, marke that meate or drinke, although it appere plesant, refuse it as an enemy. And wheras thou hast vsed euill diet as a custome in abusinge time,

What kindes of meates doothe cause good blond.

quantitie & quality, by little and litle, bring thy selfe into good order & to time, both for thy breakfastes, dinner and supper. Prouided alwaye to eate good thynges, but not manye thinges. For like as repletion or aboundance of meate is an ennemy vnto the body and soule, and bryngeth sodain death: euen so is emptinesse a shorter of time, a weaker of the braine, a hinderer of memorye, an increaser of winde, coller, and melancholye. And oftentimes to manye, bringeth sodaine deathe also, excepte nature haue some thing to worke vpō, as I did tell the before: vse some light things at breakfast of perfit disgestion. Within .iii. hours after that receiue thy dinner, obseruinge the good order of diete, drynckynge wine or beere oftentimes, & litle attonce,

What hurt commeth of an empty stomache when ye go to bed.

attonce, eschewing gret draughtes of drincke, whiche is vsed amongste beastes, and mingle thy meate with mirth, which is euer the best dishe at the borde, and be thanckfull to God. And so leaue with an appetite, passing the time wisely betwene dinner & supper, with exercise, labour, studye or pastime, vnto thend of .vi. hours and then begin thy supper, prouided that it be shorter then thy dinner, eating thy meate by little and little: for gredye and sodaine eatinge is hurtfull to nature, as Galen saithe in his dietory. Note also, that thou maiste eate more meate in winter then in Somer, because thy natural heate is enclosed within thy body in winter, but vniuersallie spreade in Sommer. Also Collericke men maye as lightelye disgest bieffe, baken, Venison

An order of dieting.

Galen metrite.

Collericke.

veniſon. &c. with aſmuche ſpede and litle hurt, as the flegmatike mā may eate, rabit, chekē, & partriche. &c. But the melancoly mā thzoughe the coldneſſe of the ſtomacke hath not that ſtrengthe in the ſtomacke as he hath pzomptnes in wyl, to eate thinges warm and moiſte be good foz him. The ſanguine man is not ſo ſwyfte in this diſgeſtion, as the hoat collerike man is. But notwithſtandinge, he hathe good diſgeſtion thzough the humiditie & warmnes of bloud, and coueteth to eat ſwete thynges, whiche greatlye augment the blud: therfoze ſharp ſaucis made with Vineger, Onnions & barbaries, bee holſome. Purſlen, ſozrel, ſmall fiſches that fedeth vppon the ſtones in fayze running waters, cucumbers and pure frenche wine partly delayed with

The Melancholy.

The Sanguine.

with water, be good for the saide sanguin men: to kepe them from much encrease of flesshe.

Jhon.

Thou hast shewed vnto me, a verye discrete and wholsome order of diet particuler to my selfe, and partly to other complexiõs: but what rule or pretty Gouernment is for sick folkes.

Humfrey.

An order for the dieting of such as bee sicke of sharpe feuers.

They that bee sodeinlye vered with sharpe sicknesses, must haue thinne dietes, wyth water gruell, thin mutton or chickens, pottage without any fat or thicknes, violet leues, endiue leaues, and such like coling herbes, and let their drinkes be made of Tizantes, thus do to them that haue hote sharpe sicknesses, occasioned of choller. And also colde sirupes of Endiue, violets, suger water, and vineger, sodden together

ther be very holsome. But if sickuesses be longe of continuaunce, their diet muste be the thicker, & their meates made the stronger specialli if their diseases be cold: with the flesh of cockes, capons, temperate wine, stewed brothe, with holsom herbes, as buglos, burrage, basil, parcelye, and fennell Rootes, with some Maces, dates, damaske prunes, raysins of the sunne, and suche like. Sirupes of Isope and Citron, prouided ỳ they neither take meate nor medicine immediatly before or sone after their fittes. Posset ale with clarified herbes excepted, whyche they maye take for theyr comforte, accordinge to the estate of their disease. Suche as be sicke, muste haue meate, contrarye to theyr complexion. For they that be cold, must haue hote meat,

Of stroppes and drinkes.

meate, and medicines. And they that bee dryе, muſte haue moiſte thinges. But they that be hotte: muſt haue colde thinges, for the ardent heate of the fire is quenched with the moiſtnes of ꝑ water, & ſo the quãtitie of one qualitie, ouer commeth the qualitie of an other. And in deede, Phiſicke ſaithe, the bodyes that be hotte, muſte be fed wyth thynges lyke, as they that be moiſt: with moyſt thynges to preſerue theyr moiſtneſſe, They that bee hotte, wyth hotte thynges to preſerue theyr heate, and ſuche lyke. But when they doo exceade in heate, colde, moiſte or dрie: then let the qualities, of moiſtnes, be tẽpered with drienes, & the coldnes, wt warmnes. For, like as man deliteth in thinges of like, as the Collericke man, collericke thinges: euen ſo

As the complexion is, ſo man requireth.

doe beastes, & frutes, as the Colloquintida whiche is bitter, delyteth in bitter grounde. Hot spices delite to growe in hotte ground, and euery frute and herbe dothe delite in the thing that is of lyke: euen so dothe man in his foode. But in al things let him beware of distemperaunce, surfittes or replecion, reare suppers & dronkennesse.

Jhon.

But if a man feleth great grefe after meates or drynkes, what waye is there then for to helpe hym?

Humfrey.

The thirde doctrine. The. 7. cha Moderat walke after meat profiteth.

VSe walking vp and down, and perhappes that wil digest, as Auicen sayeth: And Rasis sayeth, to walke a hundreth paces after meate, is holsome, for it comforteth disgestion, prouoketh vrine, and geueth one po-

wer

wer and strengthe of stomacke to eate his supper. But the counsail of Gallen must here be obserued whiche sayeth: there is no meate but it wyll corrupte or stinke, if the bodye be cast into a sodaine heate by stronge trauell sone after meate, whiche corruption of disgestion is the mother of all diseases, and the beginner of all infirmities, as Auicen reporteth: And if you se this wyll not helpe to disgeste your ingorged full stomacke, then prouoke your selfe to sleepe, lying vppon your right side, leaning towarde your brest and belly, laying your warme hand vpon your brest, as Auerois saith: the power of digestion is made strong when a mã slepeth. For natural heat ỹ is drawen inwardly with warmnes, or heate hath power to disgest. But if slepe

Gallen in 6. de accidenti & morbo. 1. capi.

Auic. in. 13 theo. 3. tracte. 3. cap.

To helpe disgestion by diuers wayes.

sleepe case you not, prouoke vomite or fast it out, and this is the counsell of manye learned men. For it is no meruayle although manye meates corrupt one man whiche be of sondrye and diuers woorkynges in the stomacke, liuer, and vains, for the qualities doe hinder nature as muche as the quantities. And take heede, theese signes and euill tokens, be not founde in you. The paynes of all your members wyth idelnes and wearines to go or moue your bodye: Sodayne greate blushynge or readnesse in your face: Vaines swelled and pufted vp, read vryne, and grose skinne, extended or stretched oute wyth fulnes, lyke a blowen bladder ✠ full pules, small desier to meat, ill rest and grief in slepe, seming in sleepe to bear some intollerable

Hipo. in secundo prime. doc. 3. ca6 Hec sing. na declarant.

ble burdeyne, or dreamyng to be specheles, these be the euill and daungerous tokens of repletiõ. And of this I geue you warning, for it hath slayne as many by aboundaunce, as hunger hath killed through scarcitie.

Daungerous tokens.

Ihon.

I haue heard saye that holsome ayre is a greate comforte to mans nature, but corrupt ayre doth muche harme. I shall require you therefore to tell me of the good and the bad air, that I may learne to vse the good, & refuse the bad.

Humfrey.

GAlen in lib. de Sectis sayeth. A wise phisicion ought to know the natures of men, of waters, of aire, of regions and dwellinges, generally, particularly to thi self being a natural English man of birthe and education: thys lande is very temperate. How be it, our

Phisicions ought to haue a perfecte knowledge.

dwellinges in this lād, be variable as fennes, marisches, wodes, heathes, valleis, plains, & rocky places, & neare the sea side. But the saide Galen geueth counsel in his regiment of helth, sayinge: a good air which is pure & holsom is ỹ, which is not troubled in stād ing water poles. Therfore maris groūdes & places, where hēp & flax is rotten, & dead cariōs be cast, or multitudes of people dwelling together, or houses inuironed wt stād ing waters, whereunto Jakes or sinkes haue issues, or wallowing of swine, or cariō buried, or foul houses, or such like places be daūgerous, corrupte ỹ blonde, whiche is worse then enfectiō of meat, for the prince saith that all places of concauites, as sellers, voltes, holes of minerals where mettals be digged, or houses

Note whiche be the moste holsom airs to dwell in.

What airs corrupteth the blond.

ses, or walles ioyned together, wheras the sunne with reflexion beateth in ẇ sodain heate, whose absence bryngeth colde. These aires are distempered, but pleasaunt clere aires, swete gerdens goodlye hilles, in daies tẽperate whẽ one maye se far of: these bee good. There be certaine starres called infortunates, in their exaltacion, whose influence bringeth corruptiõ to creaturs, rot ⁊ pestilence to men ⁊ beasts, poisoning waters, ⁊ killing of fish, blasting of frute in trees, and corne in the fields, infecting mẽ with diuers diseases, feuers, palsies, dropsis frensis, falling sickenesses, ⁊ leprosis. Against ẏ said influences al christen men must pray to god to be their defẽce, for thei be gods instruments to punish the earth. Example, we haue of mortall

Corrupte aire bryngeth sondrẽ diseases.

Feruente praier vnto God, do the mittigate hys wrath.

pestilence, horrible feuers, and
sweetinge sickenes, and of late a
generall feuer, that thys lande is
often plaged wyth all. Then
Sweete ayre to be made in the time of sick nesse. make a fire in euerye Chimnay
within thy house, and perfume
swcete perfumes to pourge thys
foule ayre. And nowe in conclu-
sion to aunswere thy question,
for the helth of dwelling. Auicen
saith: to dwell vpō hilles is cold.
And in valleis, compryſed wyth
hilles, is hote. Vppon a hyll syde
against the north, is colde & dry.
Towarde the west, grose, moyst,
verie subtill towardes the East.
And cleare and warme towards
the Southe. And Rasis saieth: in
his first boke Afforiē. A mā dwel
ling nere the Sea side, or greate
waters, can not liue lōge, nor cā
not be without weakenes of mē-
bers, or blindenesse, but the best
buil-

building of a house, is vpō a dry ground, and a hill towardes the west side, and south west doth, and windowes opē towards the east, and northeast, hauing nere vnto ỹ saide house, swete springs of running waters. From stony or chalkye grounde, whyche is both pleasaunt and profitable to the house. For Hipocrates sayeth in his boke of air and water: the second chapter: Cities & townes, placed towarde the east, be more surer, then the townes builded towards the north, for temperat aire or wynde, and sicknesses be lesse. And in the said boke, Auicē greatlye commendeth pleasaunt riuers, running towards the rising of the sunne, the dwellers in suche places (sayeth he) be fayre and well fauored: smoth skinned cleare & sharpe voyces, and thys

What situacion is best for a house.

Pleasaunt people.

shall suffice at this time, what and where, good and pleasaunte dwelling is. Note also, that thou muste obserue aire as thou doest meate, cold sicknesses, warm air drye sicknesses: moiste aire. And so in the contraries to them that be sycke, and they that be hole, aire of like qualitie is moste holsome. They that haue long sicknessis, chaunge of aire is a great help, both in feuers, dropsies, falling sicknesses and rheumes.

Aires are to be obserued in sickneſſe as in helth

Iohn.

I haue found very much disquietnesse in my body, when my seruants and labouringe famile, haue felt ease, and yet we are partakers of one aire.

Humfrey.

Moderate exercise a soueraine thing.

THe cause why thy labouringe Seruauntes in the fyelde at plough, pastures, or wode, haue such good health, is exercise and laboure,

laboure, and disquietnes cometh partly of Idlenes, and lacke of trauel, which moderatly vsed is a thing most souerain to nature.

Jhon.

I praye thee tell me some thynge of exercise.

Humfrey.

THe well learned man Fulgentius sayeth: that exercise is a file and chafer of the heate naturall, which chaseth away sleepe, & cõsumeth superfluous strẽgth, of the natural vertues redeming of time, ennempe vnto idlenesse, due vnto younge meune, ioye of olde men, and to saye the truthe: he whiche dothe abstaine from exercise shall lacke the ioyes of helth and quietnes, both of body & mind. And Galen saith, in his regimẽt of helth, if we wil kepe perfit helth, we must begin w labors

Fulgen in lib. 2.

What profite cometh by exercise.

moderat trauel & thē to our meat and drink, & so forth to slepe, and this is the cause why faukners, shooters, hunters, plowmen, and gardeners. &c. haue so good disgestion & strength of bodye. Who be stronger armed menne then Smithes? because of the exercise of theyr armes: stronger bodyed thē carpenters, which lifte great blockes and masons which beareth greate stones, not onlye in their youthe, but suche men wyll take meruelous traueils in age which to Idle people semeth verye paynefull, but vnto them selues that trauell: no payne but pleasure, because of custome.

Idle man hath labor easy.

These people can disgest grose meates, eating them with much pleasure, and slepinge soundlye after them, wheras the idle multitude in Cities and noble mens houses,

houses great nombers for lacke of exercise dooe loue meates of lyghte disgestion and dainty dis-ches, mary in dede they maye be very profofitable to Phisicions. But if trauel be one of ỹ best pre seruers of helth, then is idlenes the distroier of lyfe, as Auerois sayeth, and Hippocrates sayeth euerye contrary is remoued and helped by his contrary, as helth helpeth sicknes, exercise putteth awaye Idlenes. &c. But euerye lighte mouyng or softe walking may not be called an exercise as Galen saith, therfore tennis, dan-sing, running, wrastling, ridyng vppon greate Horses, ordeined, aswell for the state of mennes health, as for pleasure, where it is nowe conuerted, rather to the hurt of manye then the profite of fewe. Exercise doth occupie euery

Apho.

Idelnesse the mother of al mis-chief.

ry parte of the body, quicken the spyrites, purge ỳ excremẽtes both by the raines & guttes, therfore it must be vsed before meate, for if strong exercise bee vsed immediatly after meate, it conueieth corruption to eche parte of the bodye, because that meate is not disgested. But when thou seest thy water after meate, appeareth somwhat citrine or yellowe, then maiest thou begyn exercise for disgestion is then well. But sick folkes, leene persons, young childzen, women with child may not much trauel. The exercise of dice, cardes, fightyng, drinkyng, knauishe raylinge, of baudery, and suche lyke: rather maye bee called an exercise of deuils, then of men. And thus I conclude with Salomon, quam preciosus sit sanitas thesaurus.

Exercise before meate

Litle trauel for the sick.

Thon

Jhon.

AFter painful labor and exercise, or disquietnes of the mind, there was neuer thing þ hath done me so muche comfort as sleepe hath done.

Humfrey.

AVicen saieth, that slepe is the rest and quietnesse of the powers of the soule, of mouinges and of sensis, without the which manne can not liue. And trulye sleepe is nothinge els but an Image or brother to death, as Tulli saith. And if by imagination þ didst perceiue sleping & waking wayed in the balaunce together, there thou should see them equal in waight, for Aristotle saith that mã doth slepe asmuch as he doth wake. But this is to be considered in sleepe, that naturall heate is drawen inwardlye and disgestion made perfite, the spirites qui-

Auicen in can. Of sleepe & waking.

Tulli. in libro de sene.

Aristo. in lib. de so.

quieted and all the bodye comforted, if the true order of sleepe be obserued in fiue pointes. First a quiete mind without the which either there is no sleepe, or else dreadful dremes, turmenting the spirites. Secondlye the tyme of sleepe, which is the nyght, or time of moste quiet silence, for the day slepes be not good, moste chiefly soone after dinner, except to sick persones or younge childzen, in theire times conuenient. Thirdly, the maner of sleepe, that is to eschew ỳ lying on the back, whiche bringeth many grenous passions, and killeth the sleper with sudden death. To lye vpon ỳ left syde is very cuyl in the first slepe but tollerable in the seconde, but the moste sureste waye to make ỳ digestion perfite, is to lye vppon the ryghte syde, with one of the handes

The chief cause of perfit sleepe.

Sleepe after dinner not healthfull.

handes vpon the breaste.

Fourthly, slepe hath the quantitie, which must be meane, for superfluous slepe maketh ỳ spirits grosse and dul, and decayeth memorye, sixe or eyght houres will suffice nature. For like as muche watche drieth the bodye, and as perilous for falling sickness, and blindnes: euen so to muche slepe is as perilous: for extremes bee euer yll. Fiftlye, in the tyme of cold feuers, the patient must not slepe vntill the trimbling fitte be paste for then the hoate fitte that foloweth, wyll be extremer than any other fit, and harde to helpe. Note furthermore ỳ those bodies that be full of hotte inflamations slepe not well, therfore they must vse thinges to extenuate and to make colde as Tizantes and cold Siruppes, or gētle purging frō the

Slepe on the right side is best.

Gal. sen. 1. terap. capit. 6.

Suche as haue the ague must be ware of slepe.

the belly and liuer, or finallye to haue ẏ median veyne opened according to time, state, and age.

Thy lodging must be kept cleane.

Sixtly the chamber must be cōsidered that it be cleane, sweete, comly, clothes fit for the time of the yeare, & the age of the people and to kepe the hedde warme, is very holsom, for in slepe natural heat is drawen into ẏ body. For the braine of nature is colde and moiste. Windowes in the southe part of the chamber be not good, it is best for them whiche haue colde rheumes, dropsies. &c. To lie in close loftes, and for dry bodies to lie in low chambers, and in the time of the Pestilence, oftē to shift chābers is helthful. Lying vpon the ground in gardens vnder trees, or nere vnto stinkig priuies be hurtful to the body, & this shal suffice for thine instruction

Lodgings fit for all persones.

Slepers in fieldes in haruest shal be in daun of quartēs in wynter.

tion of slepe, prouided that thou dost not long retain thine vrine, for feare of the stone, and payne in thy raines.

Jhon.

There is nothing which I more fear then the stone, for my father was sore vexed therewith. What shall I marke in mine vrine?

Humfrey.

AMong all mortall diseases, þ stone is the greatest, a preuenter of time, a defourmer of mã, and the chief wekener of the bodye, and a greuous enemy to the common wealth. How many noble men and worshipfull personages hathe it slaine in this realme: manye one, whiche cometh of hot wines, spices, longe banquettes, repletiõs, fulnes, costifnes, warme keping of the back, salt meates, &c. The remedye wherof

The payne of the stone

The cause of the stone

Remedies for ye stone.

wherof is in al poyntes contrary to these causes, smal wines, temperate beer or ale, no spices, but holsome herbes, as time, Persly, Saxifrage, Fenel rotes, Cicuri rotes. &c. Lighte meales, moost chiefly the supper, no baken, nor roasted thinge, but onlye sodden meates, and often times to relax the belly with Cassa fistula, newe drawen from the Cane, Venice turpintine by pilles, with suger and to eschewe salt meates, and not to kepe the backe warme: the stone is often found in yong children, whiche commeth of the parentes. Which stones be engendred as I haue saide: besides of milke, frutes, herbes, saltfishe, & flesh, hard chese. &c. Now marke well this lesson followinge, for thine vsine.

Saltmeats not holsom

Jhon.

That

That shall I gladly, reade but softly and I shal wryte thy wordes.

Humfrey.

First in vrine. iiii. thynges marke, Four thinges to be noted in vrine
Thus said actuarii the good clarke,
Culler regions and contentes therein,
Substaunce grosse, thicke or thin.
A fair light, an vrinall pure,
Then of thy sight thou shalt be sure.
Cullor of bright gold or gilt, Golden Vrine.
Is healthy of liuer, hart and milt.
Read as cherry, or saffron dyp, Red vrine.
Excesse of meat in him I spy.
Cullour greene, or like dark read wine. Grene vrine
Or resembling the liuer of a swine,
Is adustion with fiery heat,
Burning the liuer and stinking sweat,
Leaddy cullor or black as incke, Cullor like lead.
Death drayweth neere as I do thincke.
Except the termes which women haue,
purging blak collor, which many do saue.
Cullor grei as horn, or clere as water. Gray vrine
Is lack of disgestion saithe mine author,
Vrin like flesh broth is very good, Vrine lyke flesh broth
Beginneth disgestion and norish blood.
Rubeterine & yellow be vrins nere best,
Bread and flesh wil wel disgest.

White and thick vrin.

The vrin that is white and thick,
Is euer called Flegmaticke.

White and thin vrine.

Melancholy water is white and thin,
The red and grose is Sanguin.

Yellow Urine.

Yellow and thin, spring from the gal,
Wherin choller ruleth al.

Circles are to be noted

The swelling liuer & braines bluddy,
Causes Circle thicke with couler ruddy.
But whan Circles be thin and red,
Choller greene the right side of the head.
If ledden Circles swim on the brinch,
It is falling sickines as I do thinch.

Olle in Urine.

When Oyle in vrin doth apeere,
Resolutio pinguis draweth neere.
When Oyle appereth in feuers hot,
Dissoluing the body, causeth a blot.
But of Periotides, thou feist no paines.

Periotides is tertian or quarten.

Of grauell in urine.

This oyl Prognostick, cõsuming rains,
The grauel red declareth for euer,
In dri backed men double tertian feuer.
Whan golden grauel appereth alone,
It hurtes the raines but to no stone.
Whan grauel is of couler white,
Stone in the bladder worketh spite,

Contentes in Urin be the chick.

Contentes like smal thrides or heres,
Through heat & drines the body weres.
Consumption, scab, smal spoyt & lust,
Is whē many heeres be mingled wt dust

In

In the bottō of vrins, or vessels great,
Lieth stoppig matter like bran of wheat.
Wherin contentes are, like skales of fish
As apereth in the chamber dish.
These signify feuers, and ethickes old,
Or skabs, which the blader doth infold.
Whit froth swiming cometh of wind,
The yelow froth is of Jaunders kind.
Thus of vrins I do conclude,
With wordes of truthe, but meter rude.

thinges to know diseases.

Here is also a little of the signes of the excrementes of the belly.

OVr filthy dung, and fex moste vile,
The dregges of natures food.
Whan they be diuers coulered made,
The signes be neuer good.

Many cullers in one stole is euil

If the siege be like vnto the meate,
Newe drawen into the maw,
Or fleting with fleme or burbles greate,
The body is windy and raw.

Signes of Crudit and wende.

The yellow doth from choller come,
The grene is burnt adust.
The black and leady, be deadlye signes,
That fleshe wil turne to dust.

Cholleryck signes.
Sygnes deadly.

Thercrement that is in the iakes cast,
If it haue oyle or fat,

Oyle excrementes.

signify consumption, excepte the cause bee of fat meates. Stoles soft and hard.

Consumption of body than begin fast,
The chiefest signe is that.

The priuey soft and wel compact stil,
Made in the accustomed time.
Is euer good, and the hard is il.
And thus I ende my rime.

Jhon.

ONce I fel into a great sicknes, and hetherto I am skant recouered of it, the surfite was so great, but coũsail was geuen me, that I should not stay my selfe vpon the opinion of any one Phisition, but rather vpon three, then said I: to retain thre at once, requireth great charge, for those men to whome liues be committed, ought liberall rewardes to be geuen. Then sayde my frend, thei are good gentelmen and no greate takers. What be theyr names said I: he answered saying: The fyrste was called doctor diet, the second doctor quiet, the third doctor meryman. I did write their names, but yet I could not speake with them.

Diet. Quiet. Meryman.

Humfrey.

Hether

HEtherunto I haue ſaid ſomthinge that ſhall well ſuffice for thee to knowe doctor diet, as for quiet, and mery man, they lie in no phiſicions handes to geue, but onlye in Goddes. For ſmall it helpeth to any man, to haue honoure, riches, fame, connyng, &c and in the meane time, to wante quietneſſe, and mirth, whiche be the chiefe frendes, tendereſt nouriſhers, holſomeſt phiſicios, moſt pleſaunt muſicions, & friendlieſt cõpanions, to nature. Pleaſaunt birdes ſinging in the braunches be more happier then rauenynge Cormerantes, and greadye haukes, whiche with paines inchaſeth their prais. The quiet labes be euer happier in their kind, thē ỹ gredy rauening fores, wolues and Lions, whyche neuer ceaſe, vexing them ſelues, to kil liuing

It wer better to lache riches, then to want quietneſſe and mirth.

Many apte ſimilytudes of Weta; phors.

thinges for their fode. The pore oister, lurking vnder the rock, or sand, which is neuer remoued of strong ebs nor fluddes, is farder frō trauel & continual pains, thē the horrible whale, most fearfull to fishes. The low shrubs, or bushes growing nere to the groūd, be euer in more sauegard thē the lusty high florishing trees, spred with pleasant braunches, which be subiect to euery strong winde. The pore bootes in harbor, be in lesse peril thē the fikle rich-ships, tossed vp & down on ẏ cruel fluds What shal I say: but this, that ẏ miserable ragged begger called Irus was more happyer in hys pouertie with quietnes & mirth, thē was the glotonus beast, and mōsterous mā king Sardanapal' withal his golden glory, court of ruffians, and curticens whyche

came

came to an end moste shamefull. Diogines (I warrante you) was not inferior to Alexander, in the state of happines, and hath lefte as great a fame behinde him, sauing that Alexander was a more cruel murderer then Diogenes a chast liuer. In dede the poore silly shepehard doth plesantly pipe wo his shepe, when mighty princes do sigh amōg their subiects, & b[illegible] many sleepes in golden beds, whā bakers in bags, & bruers in bottels, do snort vpō hard straw, feariug no sodain mishap. The great paines & secrete greues that disquieted myndes, do daily susteine, be not muche vnlike vnto the infernal turments, that the wicked doe feele: Physicke vnto an extreme troubled mynde (saye what they lyste:) helpeth as little, as to applye a

The pleasure of poore men.

The tourmentes of the mind.

playster to the breast, or heade of a dead body, to reuocate the sprites of lyfe or soule agayne. The sickenes of the bodye muste haue medicine, the passions of ẏ minde muste haue good counsell. What pleasure hath a coudemned man in musicke, or a dead man in phisick? Nothing at al god knoweth Oh howe manye men haue bene cast away by thought, and moste for losse of estimacion, a[illegible]ome of other affections of the [illegible]ide, as inordinate loue, or couetynge thinges that they can not get, or optaining those things ẏ they cā not kepe, or ire of other mēs prosperitie or good happe. As Tully sayeth. And Ouide (as fyne in Poetrie, as Apelles was in paintinge) discrybe this vyle passion of Ire, with a pale face, leen bodi scouling looke, gnashing teethe, veno-

Thoughte hathe killed manye.

Ire is a greuous passiō Tul. in tuscum. lib 3. Ouid in li 2. metha.

The discription of Ire.

venemouſe tounge, cholericke ſtomacke, ingreatefull, ſeldome ſmilling, but at miſchief, vtward apearinge as it were quiet, inwardly the Serpente gnaweth, freteth & deuoureth. &c. Theſe mē be deuels incarnat, begining hel in this life, moſt enemies to them ſelues, & if they behold thē ſelues in a glaſſe in the time of there tēpeſtes, ſhould not there counte-naunces, be moze fereful to them ſelues then there Jre, hurtfull to others eyes and perhapes make them ſtaring mad, in ſeing ſuche a diuels image, therfoze let wyſe men be of this mind: Firſt ꝓ they wold haue no mā to be Jreful againſt thē oz diſdain thē, euen ſo let thē do to others. Secondly let thē think, it is better to be ſpited, thē pitied, foz euerye pzoſperous felycitie hathe his enemy wayting

Deuils incarnate.

A good face in a glaſſe.

Better to be ſpited then pitied in ſome caſe.

ting vpon him. The fole hateth the wyse. The wyse man pitieth the fole, the wretche enuieth the worthy man, and so forthe: onlye except aduersite, & extreme misery, al prosperus men haue ennimues. Let this suffice, & consider what Galen saiteth, ỳ immoderat Galen. de regi sanit. lib. 1. Irefull motions cast the body in to a cholerick heat, wherof come feuers, and al hot diseases dãgerus to ỳ bodye. Of this wryteth In comẽ. 32. septi. problem. Petrus de ebano. The passion of ỳ mind called dread or fear, is whã the bloud & spirites be drawn inwardly, and maketh thoutward partes pale & trimbling. To this Halia. in. 5. theo. cap. vltimo. Ga. 1. qui. de acc. & morbo. c. 6. Ari. 10. proble. (by sides pitiful experiẽs) Haliabas Galen & Aristotle, do witnesse the same. The sodain passion of ioy, or gladnes, is clene cõtrary to fear. For the hart sendeth forth ỳ spiritual bloud, which in weake

persons

persons, the hart can neuer recouer again but death incontinent, as Galen saith, and as we may se by experiēce: as in the meting of men and their wiues, chyldzen & their parēts, which ether by pzison oz banishemēt, were without al hope, euer to se eche other, & in toy of meeting, the dilatinge, and spzeding of the hart bloud hathe cast the body into swoning. And thus my frende Jhon J do conclude vpō certain affectiōs of the minde, wishing doctoz diet, quiet and mery man to helpe thee, whā thou shalt nede. Foz mirth is beloued of musiciōs, plesant birdes & fishes, as the Dolphin. What is mirth honestly vsed: an image of heauen, a great Lozdship to a poze man, & pzeseruer of nature, and Salomon saith. Non est oblectatio super cordis gaudium. &c. Eccles. 30.

And yet J say. The

The Ireful man is euer a thral,
The ioyful mind is happieſt of al
Zele burne like flames of fire,
Whan honeſt mirth hath his deſire.
Loue wel mirth but wrath diſpyſe:
This is the counſel of al the wiſe.

Jhon.

Humfrey I thanke thee for thy gret paine, ſurely I purpoſe to folowe thi cõſel, but if thou woldeſt ſhew me thoperation of certain ſimples. I wyll if it lie in my power recõpẽce thy paine and firſt what is Wormwod?

Humfrey.

Absinthium is a commõ herbe, it is of diuers kindes, as Põticum Romanum. &c. It is hoat in the firſt, and dry in the ſecond degree, and it is very bitter, and being dried, kepeth clothes from wormes & mothes, and the ſirup thereof eaten before wyne, preſerueth men from dronkennesſe, if it be ſodden in vineger, it wyll helpe

Wormewood.

Dronkennes.

helpe the sores that brede in the eares, being laid warm vpō, it is to be dronke against Apoplexia, & Opthalmia, which is a sickenes of the eie, is greatly helped wt wormwood, if it be stamped and made luke warm with rosewater, and laied vppon the eye, and couered with a clene piked walnut shel, ꝑ sirup helpeth the bloudy flixe, it doth helpe a cold stomack, if it be dronke ten daies together, euery morning two sponeful of ꝑ sirup, is good against the dropsie, euery daye dronke, two ounces fastinge, and thus sayeth Auicen, figges, cokle, wormwood, nitur, stamped together, and made in a plaister, is good againste the disease of the splen, and also killeth wormes in the bellye, vsed in the foresayde manner, one dram of the powder maye bee dronke at once

Sore eares

For ꝑ eies.

Bloudy flixe.

Cold stomake.

Dropsy.

Auic. li. 2. Sim. 2.

For ꝑ splen

once in wyne, it hath many mo goodly vertues.

Jhon.

What be ỳ properties of Anes seedes?

Humfrey.

IT is much like vnto fenel sede, and is called Romane fenel, that is warme and swete, and hote in the seconde, and dzie in the thirde degree, the newe sedes is ỳ beste.

Gale. de sum.

Openeth ỳ raynes.

It engendzeth vitall seede, openeth the stoppyng of the raynes and matrix, beyng dzonke with Tysantes, oz cleane temperat wyne.

Jhon.

What thinkest thou of Ponse care?

Humfrey.

AN herbe commenly knowen, colde and moiste in the firste degre, as Galen sayeth, a decoction of this herbe sodden in water with Suger, is good against the

the fallyng sickenes, being often times dronke, & put a lefe therof into the nose it wil prouoke sternutation or nesing, whiche wonderfullie doth clense the veines. Falling sycknesse. Nesyng.

Jhon.

I Would fayne knowe what is Chicken wede?

Humfrey.

ALmoste euery ignorant woman doeth know this herbe, but there be of it diuers kyndes, they be very good to kepe woundes from impostumatiõs, stamped, and applied vnto them, and draweth corruption out of woũdes, and sodden with Vineger, doth draw fleum out of the head, if it be often warme put in to the mouthe and spitte it out agayne. In this same maner it helpeth the teeth, and sodden in wine and so dronk, it will clense the reynes Impostumation. Fleme in ye head. Toeth ake. Paynes of backe.

of the backe.

Jhon.

What is Sorel, might I knowe of thee, the propertie therof?

Humfrey.

The properties of sorel

Thy Cooke doeth ryght well knowe it, and all they that make grene sauce, but ỳ discription I leue to Dioscorides & Leonard Fuchius, not onlye in this herbe, but in all other, and to tell thee the vertue I wyll, it is cold and drye in the seconde degree, it also stoppeth: it is lyke Endiue in propertie, because it ouercommeth choller, and is muche commended, it helpeth the iellowe iaundies, if it be dronke with small wine or ale, and also quencheth burning feuers: to eate of the leues euery morning, in a pestilẽce time is moste holsome, if they be eaten fasting. This herbe doeth

Choller.

Yellowe iaundies.

Against pestilence.

Dio-

Dioscorides, Galen, and Auicen, greatlye commende, besides the great learned men of this time.

Ihon.

What is Planten or Walbrede? Plantine.

Humfrey.

THe greater Plantein is the better, it hathe seuen greate vaines, it is cold & dry, the sedes drōk with red wine, or the rotes sodden therin stoppeth the bloudy flire: likewise the rootes and leues being soddē with fair water, or with borage water & Sugger, & geuen to hun that hath an ague, either tertian or quartain, two hours afore his fit helpeth, proue this, for thus haue I helped many. It is very cōfortable for childzen that haue great flires & Agues & is a friende vnto ỹ liuer, this herb is greatli praised of the learned wryters.

Bloudi flix

To help the Ague.

The liuer.

Jhon.

Camomile. VWhat is Camomill, and the operation therof.

Humfrey.

THis herbe is very hotte, it is dronk against colde windes, and rawe matter beinge in the guttes. The Egiptians did suppose it woulde helpe all colde Agues, and did consecrate it to the sunne, as Galen saith: Also if it be tempered and streined into white wine, and druncke of women, hauing ẏ childe dead wythin the body, it wil cause presente deliueraunce, it dothe mightlye cleanse the bladder, and is excellent to be soddē in water to wash the feete: the oyle is precyous as is declared hereafter.

Corrupte matter in the guttes.

Cold agues

To deliuer a deade childe.

To cleanse the bladder

Good to wathe fete.

Jhon.

Hoppes. HOppes be well beloued of the beer brewars, what doe the Phisitions say of them?

Hum'

Humfrey.

THere be which dothe coole, be called Lupilum, those that we haue be hote and dzye, bitter, sower, hote, saith old herbals. And Fuchsius saith: thei clense fleum & choller, and þ water betwene the skin and flesh. The siruppes wil clense grosse raw fleume from þ guttes, and is good againste obstructions. If the iuice be dzopped in the eare, it taketh the stinke awaye of rotten sozes, the rootes will helpe the lyuer and splene, being sodden and dzonke: the beer is veri good foz flegmatike men.

To cleanse Fleume.

Foz soore eares.

Lyuer and splene.

Jhon.

What is Sage, foz that I loue wel?

Sage.

Humfrey.

THere be two kindes of sage: they be herbes of health, and therfoze thei be called Saluia, this

herb is hot & dry, and prouoketh
To prouoke vrine. vrine, clenseth þ matrix, stoppeth
the bloud in a woūd. If it be put
in a pigge, it driueth the humors,
Fleume ingendred. that would engender fleum, it is
Palsye. good against the palsye: oftentimes eaten, or sodden in wine, it
Itche and scabbes. wyl help and clense itche, scabs,
and fylthe from the pudente and
secret mēbers. Aetius doth greatlye commende this hearbe, and
the excellent regiment of Salern,
wher it saieth Cur moritur homo
cui saluia crescit in horto, enquiring why men do dye that haue
Sage growing in gardens. But
An. in. 3. 1 truely, neither phisick, herbe, nor
cap. sing. cunning, can make man immortall: but assuredlye Sage is holsome for olde folkes, to be put into their meates, for it cleanseth
fleame from the senewes, which
fleame will relaxe the sinewes.

The

The wine of Sage dronke vpon an empty stomake, is wholsome for flegmatike persones, or them which haue the falling sickneſſe or dropſy. Fallinge euill.

Jhon.

VVhat is Polipodie, that groweth vpon the Oke tree? Pollipody.

Humfrey.

IF this herbe bee ſodden wyth Beetes and Malowes, in the broth of a henne, and dronke, it will looſe the bellye, and cleanſe fleume, the roote of thys hearbe beinge drie, and beaten into fine pouder, & drawen into the noſe-thrilles, helpeth a diſeaſe called Polipus. Fleume.

Jhon.

IHaue heard talke of Horehounde, I would fain heare of his working. Horehound.

Humfrey.

IT is an herbe hote and drye, if it be sodden with fayre water, suger or hony, and strayn it, this drinke dothe clense the stomacke from stinking fleume, it is an excellent herb for women, to clense their month tearmes, the water of thys, is good to healpe them which haue a moiste rheume falynge from the heade, vppon the lũgs, being often dronk: but it is hurtfull to the blader and rayns the sirrupe thereof doeth cleanse the kynges euill: and also put into the eares doth greatly comfort the hearing, if the eares be troubled: and stamped wyth honye, and applyed into the eies, it clenseth the sight.

Stinkynge Fleume.

To helpe a moist rume

Kings euill.

To help the syght.

Iohn.

What is Verben?

Verben.

Humfrey.

It

IT is called the holye herbe, it dzieth and byndeth, if it be ſodden wyth Ueniger, it helpeth a diſeaſe called ſaynte Anthonyes fyer, often times, waſchynge the pained place. The leues of Uerben and Roſis, and freſh ſwines greaſe ſtamped together, wyll ceaſe payne and griefe in euery wounde, and wyll keepe woundes from coꝛruption: it is good foꝛ people, that haue the tertian, oꝛ quartaines Agues. And thus ſayth Dioſcorides: moꝛe ouer, he ſayeth, the weight of a Dꝛam of this herbe, wyth thꝛee halfe penyes weighte of Olibanum, and put in nine ounces of olde wyne, tempered together, and dꝛounke fourtie dayes of thys quantitye faſtinge, it wyll helpe a diſeaſe called the kynges euell, oꝛ payne in the thꝛote.

Wyld fire.

To keepe woundes frō coꝛruption.

Againſt Agues.

To helpe the kynges euil.

Jhon.

Rewe. What is Rewe, or herbe Grace.

Humfrey.

I Tell thee, this hearbe is verye hot and bitter, and doth burn because of his hootnes in the thyrd degre: if a litle of this rew be stãped, & soden with wine, & dronk, it is an excellẽt medicine against poison and pestilẽce, with Roses and vineger, and rew stãped together, & put in a forhed cloth or biggen, applyed vnto the tẽples of the heade or forheade, do seace greuous pain in ỹ head. And in like maner it healeth the bitings of serpentes or dogges, stamped with vineger: manye nice people can not abide it, cryinge fye, it stinkes: The seede of this herbe beatẽ in pouder, and put in fresh clarified butter, and pitch melted together, is good for thẽ to drink that

Poyson.

Pain in the head.

Against bitynges of dogges and serpentes.

For a hyre

that are bruſed.

Iohn.

What is Burnet? Burnet

Humfrey.

IT is of the nature of fiue fynger, drie and byndinge, and not moiſt, as many ſay: ſtamp it and put it to the eies, doth take away the dropping and prickyng, and doth heale woundes, and is good to drinke for the tertian Ague. For ỹ eies. Agues.

Iohn.

What is Dandelion? Dandelion

Humfrey.

IT is temperate, cold and drye: with Roſes and vineger, tempered together, it helpeth ỹ head in hoat diſeaſes. The ſowthiſtle called Soncus, hath the ſame vertue, and ſo hath Cicorie: if they be ſodden, they loſe the belly, and quencheth heat, whiche burneth in the ſtomack, and detēdeth the head The head. To loſe the belly.

Yellow colier. head frō hote ſmoking vapours, and purgeth yelowe choller, and rebateth venereous and flechely heate, and is good to bee ſodden and droncke in hotte burnynge

Burning Agues. Agues, thoughe this herbe commonly knowen, and compted of many as a vyle weede, yet it is reported of Dioſcorides, to be an excellent herbe.

Jhon.

Spinnage. What is Spinnage?

Humfrey.

AN herbe muche vſed in meat colde and moiſte, in the firſte

Mollifieng degree, it mollifieth and maketh ſoft the belly, it is good for them that be hotte and dryе, and yll for flegmatike men.

Jhon.

Cucubers. What be Coucumbers?

Humfrey.

They

They be (truely) in the second degree, very moist and cold: The seedes be good to be geuen in hotte sicknesses: the pouder of the sayde seedes, dronke in clene wyne, is good againste diuers passions of the harte: thys frute wil cause one to make water wel The rote dried in pouder, therof dronken in water and hony, prouoketh vomite: if they bee moderatlye eaten, they bringe good bloude, tempered with honye, and annointe the eyes, that helpeth a disease called Epinictidas, whiche troubleth mē with strāge sightes in the nightes: the best of this frute is, whiche beareth the best seedes, the sauoure of them is not holsom. Mellons, citrons, pampans, and this kynde of pepons or greate apples be muche vsed in Englād, and is more cōmon

To prouoke vrine.

Vomite.

Good blud

Epinictidas.

Melons.

mon, then profitable, because they vse to eat thē raw. Englyche men beinge borne in a temperat region, enclining to colde, maye not without hurt eat raw herbes rootes and frutes plentifull, as many men, which be borne farre in the south partes of the worlde, which be moste hote of stomacke, therfore eate these frutes boyled or baken with hony, Peper, and fenel sedes or suche lyke, there be an other hote kynde of bytter cucumbers, whiche do purge.

Raw herbs

Jhon.

Garlyke. What is Garlike? Some call it the poore mēs triacle, but what say you.

Humfrey.

Garlike is very hoat and drie in the third degre: it troubles the stomacke, it is hurtfull to the eyes and head, it increaseth drienes, but it wil prouoke vrine and

Prouoketh vrine.

is

is good to be layd vppon the byting of a snake or edder, it is good for the emeroides applied to the sore place, being first stampet, yf it be sodden, the stynke is taken from it, but the vertue remaineth to be eaten against the coughes, and paines in the lunges, it cutteth & consumeth corrupt fleume & bryngeth sleepe. It is not good for hoate men and women with childe, or Nurces, geuing mylke to childrē: but (as thou saiest) Galen calleth it the comen peoples triacle. If sanguine men do eate muche of it, it will make them to haue reade faces, but it is a spetiall remedy against poyson.

Byting of a Snake.

Emoroides.

Coughes.

Corrupt fleume.

Against poison.

Jhon.

What be Onions?

Humfrey.

They do make thin the blonde and bryng sleepe, they be not good

Onions prouoketh slep

Long onios

good for collericke men, the long onion is more vehementer then the rounde, and the read more then the whyte, the dry more thē the grene, and the raw more then the sodden, or preserued in salte although they cause sleepe, verie painefull and troublous, hoat in the third degre, but they warme and cleance the stomacke, bringe good couler to the face, and helpe the grene sicknes, prouoke vrine openeth the emeroides, if they be sodden in vineger, and layde warme to thē. Peele of the rinde and cutte it at both the endes, & cast it into fayre warme water, and let it lie an houre or two and then slice it, this takes away the vehement charpnes of it. Rewe, salte, hony, & one onion stamped together, is a goodly playster to lay vpon ỹ biting of a dog: lekes

Stomake

Grene sicknes.

Emeroides.

For bitinge of a dog.

purge

purge the blud in March & payneth the hed, & be not gretly prai-
sed, for their il iuice, saith Diosco
rides, the hed being annointed wt
the iuice therof, kepeth heare frō
falling: there is much varietie of
this onion amōgst writers saith
Plini, but this shal suffise.

Heere from fallyng.

Jhon.

What is Lettise?

Lettyse.

Humfrey.

IT dooeth myghtelye encrease
milke in womens breasts, and
therfore is called lettisse, as Mar
tial saieth.

First shalbe geuē to the vertue & povver
To encrease milke.
To encrease milk in the brests, euen hour.
Lettis is an herbe colde & moist,
and is comfortable for a hotte
stomake, bringeth sleepe, molli-
fieth the belly: the drier it be eatē
the better it is, I meane if it bee
not muche washed in water, ad-

Comfort a-gainst heat.
Sleepe.

ding

ding clean sallet Oile, Suger, & vinnegar to it, it abateth carnall lust: and muche vse of it, dulleth the sight, the seede is precious against hot diseases dronke with tisantes: There is an herbe called Rocked gentle, that partlyn smelleth lyke a Fore, whiche is veri hot, an increaser of sede, this herbe must alwaies be eatē with Lettis. The roote therof sodden in water, wil draw brokē bones, and wil helpe the cough in yong childzen.

To abate lust.

Il for sight

Against heat

An encreaser of seede.

Broken bones.

Cough.

Jhon.

What be Myntes?

Myntes.

Humfrey.

Myntes be of two kindes, garden and wilde Myntes, they be hot vnto the thirde: and doeth drie in the second degre. Garden Myntes is best: ỹ pouder of this with the iuice of Pomgarnites, stop-

stoppeth vomits, helpeth sighing cleanseth hotte Choller. Three braunches of thys sodden wyth wine, doth help replecion dronk fasting. This iuce tẽpered with good triacle, and eaten of childrẽ amorninges, will kill wormes, and stamped with salt, applye it to ỹ biting of a dogge, it wil heal it: It is holsome sod with windy meates, and sodden in posset ale with fenill, it helpeth collicke, it encreaseth vitall sede. It is not best for collerick cõplexions, but good for flegmatike, and indifferent for melancholy: and it wyll stop bloud, stamped and applyed to the place. The iuce of Mintes is best to mingle in medicine against poison: the pouder of mintes, is good in pottage, to help digestion, & to make swete breath.

Stoppinge of vomits.

Replecion.

To kyll wormes.

Biting of a dogge.

To helpe the collick.

To stoppe bloud.

To make swete breth

Thon.

Fennell. What is Fenell?

Humfrey.

Swete bre-the. IT hath power to warme in the third degre, and dry, & maketh swete the breth: the seede eaten,

For the eie sight. oftentimes vpon an emptye stomacke, doth helpe the eie sight: ý rotes clen washed, be very holsō in potage, and is good in tisāts: the grene or red tuftes, growing vpon ý stalks, soddē in wine, pot tage, or ale, helpeth the bladder,

To breake the stone. rains, & breaketh the stone, incre

Encreaseth milke. seth milk in womēs brests & sede of generation. It is good to vse Endiue or such like wit, because it is verye hot: And it is good in barbars Bathes, & washing wa ter with Balm, Saueri: It is good

To washe feete. to wash ones fete to bedwarde, ý sirupe is very holsom, it helpeth

Against Fleume. a flegmatick stomack. Ihon. What is Hisope?

Hum-

Humfrey.

A herbe commonly knowen growing in gardēs, and hot in ỳ thi rd degre: it hathe vertues to make humoures thinne and warme: sodden with figges, rew and honye, in cleane water and dr̄ōke: it greatly helpeth the sickenes in the lunges, old cough and rotten humours, dripping vpon the lunges, sodden with erius & graines of paradis called ỳ Cardamon, it mightly pourgeth and bringeth good couller. Figges, salt, Nitrum, and Isop, stamped togither, & applied to ỳ Splene, helpeth it much, & taketh awaye the water that runneth betwene the skinne and the flesche, sodden with Oximel, it clenseth fleume.

Sickenes in the longes
Olde coughes.
Rotten humoures.
To helpe ỳ splene.
Fleume.

Iohn.

What is Sention or groundswel?

Groūdswel

Humfrey.

IT is of a mirt temprament, it coleth and partly clēseth if it be chopped and sodde in water, and drinke it with your potage, it wil heale the grief of the stomack, & pourge it from hotte choller: this done with saffron and colde water, stamped and put in the eies, it wil dry the rūning drops, and stamped plaister wise, it helpeth many greuous woundes.

Hotte choller in the stomache.

To helpe ye eies.

For woundes.

Ihon.

What is Purslein?

Purslein.

Humfrey.

COld in the third, and moist in the second, if it be stāped wyth steped barly, it maketh a goodly plaister to cole the hed, eies, & liuer, in agues burning heate. To eat of it, stoppeth flixes, & quencheth burning choller, and extinguish venerus lust, & greatly helpeth the raines & bladder, & wyll

A playster to coole the burninge heate.

To stoppe the flix.

kil

kil round wormes in the belly, & cõfort the matrix againste much fleume: And the iuice is good to drinke in hot Feuers, it maye be preserued with salte, & then it is verye good with roasted meates. Plini saith: it is supposed to make the sighte blunte and weake, further he saieth: that in Spaine a great noble man, whome he dyd know, did hãg this Purslen rote in a thred commonly aboute hys neck, whiche was troubled, of a long sicknesse and was healed.

Agaynst feuers.

Jhon.

What is Mugwort?

Mugwort.

Humfrey.

Mugwort and Fetherfoy, and Tansey, be verye hotte and dry in the seconde degree: Mugwort: spurge and oyle of Almondes, tempered plaister wise, and applied cold to ẏ sick pained stomake

A pained stomake.

make, wil brig helth. It is good in bathes saieth Galen: it is holsō for women, it clēseth & warmeth & cōforteth, & breaketh the stone. Plini sayeth: it is good agaynste serpentes, and holsom for trauelling men, if they carie it, it cōforteth them from werines: Tansy doth mightly cast wormes from childzē, drōk w wine: a cold plaster stāped & laid vpō the belli of a womā whose child is dead vpon her, it wil seperate the dead child from the liuing mother, causinge her to niese with Betony leues.

Breakynge the stone.

Killinge wormes in childzen.

A present helpe of a dead child.

To niese.

Jhon.

Cabage. THere is an herb commonly vsed to the grief relief of many called Cabage, is it so good as it is reported of?

Humfrey.

To binde. CAbage is of two properties, of binding the belly, and makinge laxatiue: the iuice of Cabages

Laxatiue.

ges lightly boiled in freshe biefe broth, is laxatiue, but ỹ substãce of this herb is hard of digestion, but if it be twise soddẽ, ỹ broth of it wil also binde the belly, if it be tẽpred with Allum. This herbe hath vertue to clẽse a new red lepzosie, laid vpon the soze place in the maner of a plaster. But to cõclude of this herb, the broth of it hath vertue to preserue frõ dronkẽnes, as Aristotle, Rasis & Auicẽ doth repozt, eatẽ before drinking time.

To binde ỹ belly.

To cleanse Lepzy.

Aristot. 3. perprob. Auicen. 2. can. Rasis. 3. al.

Jhon.

What is Philopendula.

Humfrey.

Philopendula.

It is an herbe hot and dzye, if it be sodden in White wyne and dzonke, it dzieth vp windy places in the guts, & clenseth the rains in the back and bladder.

Clẽseth the raines.

Jhon.

Agremony.

What is Agremonie?

Humfrey.

Dioscorides sayeth: that if this herbe with swines greace be stamped together, & laid vpō an old rotten soze being hot, it hathe vertue to heale it: the sede of thys herb dronk with wine, is good a-gainst the biting of Serpentes. stopping of ỹ liuer & bloudy flix.

Old sozes.

Biteynge of serpents.

Jhon.

Some men saye that the herbe Dragon is of great vertue?

Dragon.

Humfrey.

The iuce of it saith Dioscorides driped into the eie, doth clēse it, and geueth much might vnto the eyes of them whyche haue darke sightes, the water of thys herbe hathe vertue agaynste the pestilence. If it be dronck blonde warme, with veneis Triacle, the sauor of this herbe is hurtfull to a woman newly conceyued with childe

Good for ỹ eyes.

Euill for women with child.

childe. Plinii saieth, ỳ whoso beareth this herbe vpon them, no venomouse Serpent will doe them harme. This herbe is hote & drie

Good against Serpentes.

Iohn.

There is a verye swete flower, called a Violet, is it so profitable, as it is pleasaunt?

Violettes.

Humfrey.

Simeon Sethi reporteth, that it doth helpe against hotte inflamations of the guttes, head and stomacke, if the cause be of burning choller. Either the water, sirrupe, or conserue of the sayde Violets, either eaten or dronke, in the time of anye hoat passion. But vndoubtedlye, it offendeth the harte, because of the coldnes, the sauour of the flowers be plesaunte, the oyle that is made of this herbe, haue vertue to bringe quiet slepes to them which haue

Hurtfull to the head.

To cause sleepe.

greuous

greuous hoat paine in the head.

Jhon.

Lylly. What is the vertue of the pleasant white Lilly?

Humfrey.

Dioscorides saith, that thoile of Lillies doth mollify the sinnewes and the mouth of the matrix, the iuse of Lillies, vineger & hony, sodden in a brasen vessel, doth make an ointment to heale both new & old woundes. If the rote be rosted and stamped wyth Roses, it maketh a healing plaister against burninge of fier: the same rote rosted, hath vertue to breake a Pestilence soze, applied hot vnto the soze place, and is dri in the first degre. Thoile of water Lilies be moiste, sufferent against al hot diseases, to annoint the ardente places, and doeth reconcile quiet slepe, if the forehead be

New & old woundes.

Against burning with fyer.

To breake the Pestilence soze.

Quiet slepe

be anointed therwith.

Jhon.

IN the time of the pestilence, my wife maketh me a medicine, of an herbe called Centaury, doth the well or not? Centaury.

Humfrey.

PLinius saith: that the Sirupe of this herbe dronke with a litle vineger and salte, doth clense the bodye: The leaues and flowers, be of great vertue, to be sodden & dronke against al rawe humors of grose fleume, watry or windy: it doeth clense, cruent, or bloudy matter within the bodies of men or women. The pouder of this herbe is good in pissaries, for women, causing the dead childe to departe from the mother, and is holsome against the pestilence, in the tyme of wynter, and is hot and dry. To clense the body. Rawe humors. To clense ye body. Ded chylde For the pestilence.

Jhon.

We

Rosemary. We bentifie and make pleasaunte our wyndowes with Rosemary, vsyng it for small other purposes.

Humfrey.

ROsemary is an herbe of gret vertue, hoat and dry, sodden in wyne, and droke before meat, it doth heale the kinges euill, or Kyngs euil paynes in the throte, as Dioscorides and Galen saith: the sauour of Braine cõforted. it doeth comforte the brayne and harte: ỹ flowers of Rosemary is an excellent cordinall called Anthos, & be good after feuers, or for melancholie men. Jhon.

Pulliall. IS pullial royal, an herbe of anye valewe, or a wede of contemption?

Humfrey.

IT is an herbe of muche vertue and profite, hote and drie in the thirde degre. Dioscorides saith if this herbe be sodden with honnye and Aloes and droncke, it will

will cleanse the liuer, and pourge the bloud: most chiefly it helpeth the lunges. Simeon Sethi saith, if womē drink it with white wine. It wyll prouoke and cleanse the termes menstrual, and is a very holsome pot herbe. Good to cleanse the bloud.

Jhon.

What saiest thou vnto Mustard?

Humfrey.

PLinius doeth greatly laude it, saying, that there is nothing, that doeth pearse more swiftlier into the brayne then it doth. Hony, vineger, and mustarde, tēpered togither is an excellent gargarisma to purge ỳ head, teeth & throte. Mustard is good against al the diseases of the stomacke or lunges, winde, fleume, & rawnes of the guts, and conduceth meate into the bodye: prouoketh vrine, helpeth the palsy, wasteth ỳ quartain, To gorges the head. Palsie.

tain, dzieth vp moist rumes: applied plaster wise vnto the head. Hony & mustard helpeth ỳ cough and is good for them that haue the falling sickues, notwithstanding the cõmon vse of mustard is an enemy to the eie. Many more vertues haue I red of mustard, but thoccasion of time hathe vnhappely preuented, not only my large discription in this: but also in many other simples.

Falling sik nes.

Euell for the eyes.

Ihon.

Bugios. Thei say that Bugios is very holsome

Humfrey.

IT is an herbe moste temperate betwene hotte and colde, of an excellent vertue, a comforter of ỳ harte, a purger of Melancoly, a quieter of the Frensie, a purger of the vrine, holsome to be dzõke in wine, but moost effectuall in sirupe. Dioscorides & Galen doth greatly

To cõforte the harte.

Frensie.

gretly cõmend this herbe, & that doth dayly experience wel proue.

Jhon.

What is thy mynde of swete Basill? Basyll.

Humfrey.

THis herbe is warme in the se conde degre, hauing the vertue of moistnes, and if it be soddē in wine with Spicknarde & dr̃ke, it is good againste dropsyes, windes, fleume, coldnesse of the hart, hardnesse of the stomacke. The sauour of Basil, doth comforte the brayne, and hart the vse of this herbe in meates, doeth decay the syght. Dropsies For ỹ brain and hart.

Jhon.

The plaine people of the country wyl say, that those flowers which be pleasaunt in smellinge, be often times vnholsome in working, the Rose is pleasaunt in sence, what is it in vertue? Roses.

Humfrey.

It

To coole & bynde.

IT hath an odour most plesãt & hathe vertue to cole and binde. The water is good to make Manus christe, & many other goodlye cozdials, Roses & vineger applied vnto ỹ fozehed, do bzing slepe:

To cause sleepe.

conserue of Roses, haue vertue to quenche burning choller, & to stay the rage of a hot feuer, oyle of Roses, vineger, & the white of an egge, beatẽ together, doth not

To helpe a mad man.

only quenche sacra ignis, but also bzing a mad man into quietnes, if this fozhead be well annointed therwith, after the receyt of pils of choci, in ỹ time of ỹ pestilence, there is nothing moze cõfortable then the sauoz of Roses.

Jhon.

Sauery.

What saist thou of Sauery?

Humfrey.

IT is hote and dzy in the thirde degree, if the greene herbe be sodden

sodden in water or white wine & dronke, theese be his vertues to make liuer soft: to clēse dropsies, cold coughes, clenseth womens diseases, and seperateth the dead child from the mother, as Dioscorides and Galen, saieth also Germaunder is not much vnlyke the vertue of this herbe.

Liuer cold

Colde coughes.

Dede child

Jhon.

HUmfrey but for troubling of the I would be glad to know thy minde of time, and so of a few of other herbs.

Time.

Humfrey.

IT is vehement of heate with drynesse in the thyrd degre. Dioscorides sayeth, if it be dronckē with Vineger and salte, it pourgeth fleume, sodden with honye or meide, it hath vertue to clense the Lunges, breaste, Watrir, raines and bladder, and kylleth wormes.

For fleum.

Lounges, breaste, and bladder.

M.i. Jhon

Jhon.

Parsly and Saxifrage. VAhat saiste thou of Parslye and Saxifrage?

Humfrey.

Breakynge the stone. THey haue vertue to breake the stone. Parssye is hotte in the second degre, and drye in the middest of the thirde. The seede dronke with white wine, prouoketh the menstruall termes, as Dioscorides saith: also smalledge hath the like vertue.

Menstruall termes.

Jhon.

Liuerwort. VAhat is thy iudgemente of Liuerwort.

Humfrey.

To cleanse and cole. IT hath vertue to clense & cole, Dioscorides saith, it doth heal ye woundes of the liuer, and quencheth the extreme heate therof, tẽpered with hony and eaten, doth help a disease called regius morbꝰ & paines of the throte & lunges.

Throt and lunges.

Jhon

Jhon.

What is Betony? Betony.

Humfrey.

THey be of diuers kindes Leonardus Fuchius doth call the sweete Gilliuers by the names of Bettonye, but the one semeth to talcke of that, whyche is commonly knowen of the people, called the land Bettom, which hath the vertue to kil wormes within the bellye, and helpeth the quartain, clenseth the matrixe, & hath the vertue to heale the body within, if it be bruised. It is of greate effect, if it be sodden with wormwodde in white wine, to pourge fleum, is hot in the first degre, & dry in the second. To kyll wormes. For bruses

Jhon.

Haue harde small commendatyons of Beetes. Beetes.

Humfrey.

THey be of two kyndes, and be both praise worthy, Simeon Sethi, writeth that they be hot and drye in the thirde degree, the white Beete is ẏ best, they haue vertue to clense, as niter hathe but hath euil iuse, the iuse of this herbe with hony applied into the nose, do pourge the head, it is an holsome herbe in pottage, if it be wel sodden, or elsse it is noysome to the stomack. If it be parboild & eaten with vineger, it is good against the stopping of the liuer. Notwithstãding the iuse of thys herbe do stoppe the belly, beinge simply taken.

white beete

Purgynge the head.

Stoppyng of the liuer

Jhon.

What is Maidenheare?

Mayden heere.

Humfrey.

IT is an hearbe betwene hotte and dry, if it be sodden in wine, it breaketh the stone, it cleanseth the

To breake the stone.

the Matrix, bryngeth down the seconds, as Dioscorides & Galen saith, the best dothe growe vpon hard rockes. To clense the matrix

Ihon.

What is Melilot? Melilot.

Humfrey.

It hath vertue to ripe, & is more hotter then cold, Melilot, flexsede, Rose leaues. Cāpher & womās milk tēpered together, doth make a goodly medicine against the hot inflamatiō of the eies. If this herb be dronke with wine, it doth mollifye the hardnesse of the stomacke & liuer, the most excellēt plaister against the pains of the splene, doth Mesue discribe, whiche is made of Melilot. For the eies. Stomacke and liuer. To helpe & splene.

Ihon.

BE pease and Beanes, anye thynge benificial to nature? Pease and Beanes.

Humfrey.

BEanes be moze groser & ful-
ler of winde then pease be, &
maketh euel matter, except they
be wel sodden and buttered, and
so eaten, with the whitest & swe-
test Onions that maye be gotte.
Because they be hard of disgesti-
on: how be it, they do make fat, &
partly clense, yet they are not to
be compared with tender white
peason well sodden and buttred
oz els made in pottage with gar
deine minte & grose pepper,
which hath vertue to cleanse the
rains of the backe and bledder.
Lintels be of the same vertue.
Barly beinge cleane hulled and
sodden with milk, cleane water &
suger, maketh a verye comfoztа-
ble and holsome pottage, foz hot
cholericke persons oz yong peo-
ple. And of this is much vsed in
the Nozth partes of England,
and

To make fat.

Rains, backe and bladder.

Barly.

A cõfortable potage.

and is called bigge kele.

Jhon.

What be the vertues of Lekes and rotes of Radiche, Turneps, Parsneps, Rapes or Nauese

Lekes, Radiche, Turneps.

Humfrey.

Lekes be euill, engender painfull sleepe: but eaten with hony, then they purge bloude, but rootes eaten rawe, breadeth yll iuice, therfore being first sodden, and the water cast away, & then sodden with fat Mutton, or tender fatte biefe, these rootes nourisheth much. Rapes, and Naues, be windy: Turneps, causeth one to spitte easely that haue corrupt stomakes, but maketh raw iuce. Carettes do expulse winde: Radish rootes prouoketh vrine, but be very euil for flegmatike persons, hauing griefe in their bones

Painfull sleepe.

Pourge bloud.

Rotes sodden nourisheth.

Rapes and Naues.

To spit easye.

To prouoke vrine.

or ioyntes, and muste be eaten in the beginninge of the meale, as Galen saith, but many do vse thē in thend of meales: and find ease as sir Thomas Eliot that worthy knight and learned man reporteth in his good booke called the castel of health. And thus I do cōclude of those herbs & rotes that I haue written vppon. Admonishing thee, that herbes, and rotes be al windy, engēderers of melancholly, & ingrossers of the bloud, except lettis, bourage, and pursłen. Therfore the grose binding together & sething of herbs in brothes & pottage, be more holsomer then the fine choppinge of them. Thus Jhon I haue declared vnto thee, the vertues of certain herbs, which if thou wilt folow, and obserue my rules in thē I doubte not, but ỹ shalt receiue much

Galen. de alimen.

Herbes ingender melancholy.

much profit therby. I wold haue also taught thee som pretty ways for distillation of Waters, but am preuented therin, and I am glad therof. Forasmuch as thou shalt se very shortly, both Thesaurus Euonomi and Vlstadius, whiche be excellente learned men in that science, wherein I am sure thou wilt much delite. For I ensure thee, the lyke bookes neuer were set forth in our mother tong with the liuely fashiō of the furnasses, and also of ỹ stillitories. Vulstan⁹. Thesaur⁹. Euonomi.

Jhon.

When seing thou wilt go no further with me in declaration of the properties of herbes, I praye thee thinke not the time to long, but tel me which of these will disgeste & purge choller, Flegme and Melancoly, prouoke sternutation and stop flires.

Humfrey.

En=

¶ Disgesters of Choller.

ENdiue, Purslein, Poppye, Sorrell, Mercury, Liuerworth, Whaie, Tisantes, Tamerindes, The foure colde seedes of Gourdes and Cucumbers, Sanders, Buttermilke, or the mylke which cometh of ẏ pressing of ẏ chese.

Purgers of Choller.

MAnna, vi. drammes. Rubarbe, two drammes or. iii. but put into infusion from. v. to. vii. Pilles of Aloes, Wilde hops, Sirup of wormwood. Sirup of Femitory. Diaprunes.

Disgesters of Fleume.

PUliall, Mintes, Betony, Egrimony, Mugwort, Hony, Pepper, Hysope, Pimpernel, Jeniper berris, Neppe, Fenel, Pursly rotes, Smallage.

Purgers of Fleume.

AGaricke infused fro two to. v. drãmes Sticans, The mirabolanes of all the kindes. Polipodi of the oke. Cẽtorie, Horhounde, Mayden heere.

Good purgers of Melancholy.

ELeberus Niger, Capers, Lapis Lazule, Sede of Alexander, Borage, Hartes

Hartes tonge, Hony sodden in sweete wine. Sauory, time, Trosses of Capers, of Coloquintida, & of wormwod.

Good thinges to prouoke vrine.

PErsly, Time, Saxifrage, Casia fistula Rammes Radishe, The fleshe of an hare, Pilles of Tiribenthen, Mayden heare, The beris of Eglentin. Bromseede.

Comforters for the brayne to smell vpon.

ROses, Violettes, Jelifloures, in sommer, but in wynter Cloues, Spike, Muske, Amber grese.

Thinges good to stop Flix.

SIneber called dragons bloud, Sloes or theire decoction, Sinamom, Bole armoniak. Red wine, Planten, Olibanum, Hard egges, Hard chese scraped in red wyne and drinke.

Thinges good to prouoke starnutation or neesing.

BEtony leues, Primrose rootes moderately vsed, Eloborus albus and Ginger.

Good

Good comforters for the hart.

MUsike, Amber grece, Rosis, Perles Maces, Diamuschi dulcis diambra. The floures of Rosemary & Nutmegs Spiknarde, Galanga.

Jhon.

VUel, thou haste satisfied me of this matter, which I hope I wil not forget, but would to God thou wouldest tel me the vertue of Dates & Figges, and other necessary frutes commonly vsed.

Dates and Fygges.

Humfrey.

SEraphio saieth, that the Dates which be preserued with suger bee good. The crude rawe Date doth califie the bodye, and doeth conuert quickly into choller, it is not good for the heads of the hote people, ill for the throte and stoppeth the liuer, and maketh the teeth rotten, but if they be cleane pilled and the inward rind taken away, they do greatly norishe, & restore

Ill for choller.

Rasis in. 3. alman.
Halia. in. 5 Theori.
Ra. Moyses.

restore, being sodden in stewed broth they be of diuers kindes in quantitie and qualitie, but generally hote and moist in the secõd degree. Figges as Hippocrates saith the best be white, ỹ seconde be red, the third be black, ỹ ripest be the best and amongst al fruts doeth moste norrishe, prouoketh sweat, because it doeth purge the superfluitie of humers through the skin, it doth engẽder lice, they be hot in the first degree, and the new figs be moist in ỹ second, the sedes & the skin of the fyg, be not greatly cõmẽded: figs & almõds eaten of a fasting stomake, be very holsõ to make ỹ waie of good disgestion, but best if they be eatẽ with nuttes. Figs & herb grace, stamped together, bee verye holsome to be eaten against the pestilence, Rosted figges beaten to gether,

Fygges. Hi.2. can. cap.208.

Norrishe. Prouoketh sweate.

Almondes.

Figges and herbe grace to be eaten togeather.

gether and hotte applied vppon the pestilence sore, doeth drawe, molifie, and make rype the sore. And the lunges, liuer, and stomake, figges be very comfortable, as Galen saieth.

To rype a pestilence sore. Galen de Alimen.

Jhon.

What be Peares?

Humfrey.

The operatiō of peares

THey be of diuers kindes heauier then Apples, not good vntill they be verye rype, onlesse they be tenderly rosted or baken, and eaten aftermeales. Ther is a kind of peares, growing in the city of Norwich, called the blacke friers peare, verye delicious and plesant, & no lesse profitable vnto a hot stomake, as I hard it reported by a right worshipful phisition of ỹ same city, called doctor Manfielde, which said he thought those Peares withoute all compari son,

Black friers peare.

Against a hot stomak

parison, were the best that grewe in any place of England.

Jhon.

What sayest thou of Apples?

Humfrey.

Apples be very colde & wyndy, harde to disgest ingenderers of euill blonde, hurtfull to flegmaticke people: good to cholericke stomackes, if they bee through ripe, but best if they bee rosted or baken, and eaten wyth grose pepper to bedwarde, they be of many kyndes, as Costard, the gren cote, ỳ pippen, the quen apple, and so furth: The distilled water of apples. Campher, vineger, & milke, is a good medicine to anoint the faces of childzen ỳ haue the small pockes: when the sayd pockes be ripe, to kepe them from pittes, prouided that ỳ sayd childzē haue geuen them in their milke,

The operation of apples.

For cholericke stomackes.

Costard.
Grene cote.
Pippen.

A medicine for the small pockes.

milke saffron or Mathridatum, to expell the venim & kepe them frō the aire, during the said sickneſſe

Jhon.

What be Peches?

Humfrey.

The operation of Peches.

THe leaues be hote, for if they be stamped in playsterwise & applied vnto the belly, they kyll wormes: the fruite is colde, and

Hot stomak

very good to the stomack, they be good to be eaten of thē that haue

Against stinking breth.

stinking breathes of hot causes: eaten of an empty stomacke, as the counsel of Galen, whiche saieth if they be eaten after meate, they do corrupte bothe in them selues and the meates lately eaten: and they be binders of the belly. But

Quinces holsome.

Quinces be mooste comfortable after meate, for they dooe enclose the stomacke, and letteth vapers to ascend into ỳ brain, & stoppeth vomites

folkes that be swelled in their bodies. Eaten with the grose pouders of Gallanga, spiknard, callamus, and ginger may be eaten before meate of the layde sycke pacientes, as well as after. But muche vse of them, be not so profitable as delectable to the eaters therof. Swelling.

Jhon.

What be Quinces?

Humfrey.

If thy stomack be very hotte or moist, or thy belly laxatiue, the Quinces be good to be eaten before meat, beinge rosted or eaten colde, & in this case the tarter be the better, and pomgranets be of the same vertue, as Isaac saithe; but eaten after meat they do enclose ỳ stomack, & moist the belly they ought not to be vsed in commō meates, the custome of them The operation of Quinces. Pomgranets. Isaack in perti. dic.

hurteth the sinnewes, but in the way of medicine they be excellēt, & the cozes being taken out and preserued in hony, oz kepte their musse lege. Then they may long continue to the vse of tostinge oz baking, foz they be perelous to ỳ stomacke eaten rawe. But preserued they do mightely preuaile againste dzouckenesse, they bee colde in the first degree, and dzye in the beginning of the seconde.

Quinces rawe hurteth.

Against dzōkennes.

Jhon.

What be Cherris?

Humfrey.

The operation of cherries.

THe tart cheries vndoubtedly be moze holesomer then the swete, and eaten befoze meat, do mollify the belly, prepare disgestion, & they be moste excellent against hot burning choller, they be good also after meate, & be of many kindes, as black, red, and pale.

Against hot choller.

pale. The red cherry partly tart, is best. Galen & Rasis, greatly cõmend this frute. In the conntrey of Kent be growing great plenty of this fruite. So are there in a town neer vnto Norwich called Ketreinham, this frute is cold & moist in the first degre. Jhon. Galen de alimen. Ra. lib. 23. cap.

What be the vertue of Grapes, rasins, Prunes, Barberies, oringes, and Pedlers?

Humfrey.

HIppocrates saith: that ỹ white Grapes bee better then the blacke, and holsomer when they are two or three daies gathered frõ the vine, thẽ presently pulled from it: And if they be swete, they be partly nutratiue, & warm the body. And vnto this agreeth Galen & Rasis, whiche semeth to commend swete grapes aboue dates saying: although they be not so Grapes. Galen de alimen. 3. Rasis in. 4 alman. 20. cap.

warme, yet they do not stop the body, or make opilatiō as Dates do. They be holsome to be eaten before meat, euē as nuts be good after fische. Towarde the southe & southeast partes of the world, ther be many growing in diuers regiōs, wherof ỹ wines be made. The farther from vs, the hotter wine: Ther be very good geapes growing here in Englād in many places, as partly I haue sene at Blarhall in Suffolke, where some time I was nere kinsman vnto ỹ chefest house of that toun.

Blarhal in Suffolcke.

Raisons. Raisins of the sunne be veri holsome, and cōfort digestion, but the stones & rindes would be refused, & then they be good for the splene & liuer. So be aligantes. Raisins doth much cōmend thē, but vndoubtedly the small raisins be hurtful to the splene. Prunes or dama-

To cōfort digestion.

Splene & liuer.

damasins haue vertue to relaxe the belly, if they be sweete & ripe, they do nourishe verye little, but quenche choller. Grapes, rasins & Prunes, Plūmes, & Sloes, if they be sower, be all bineders of the belly, and so is the Barbary called Oxiacantha, and Oringes except the said oringes be condyted with suger, and then they be good coolers against hot choller whose rindes be hotte and dry of nature. The fruite called the medler, is vsed for a medicine & not for meat, and must be taken before meat, prouoketh vrine, & of nature is stipticke.

Sweete Prunes be laratiue, but tart be binding.

Oxiacantha. called ye barbery.

Mespile called the medler.

Jhon.

What be Capers and Olines?

Capers.

Humfrey.

FResh capers be hot and dry in the second degre, and eatē before meates do greatly comforte

digestion, & be the best thinges
Good for ỳ Splene. for the splene, or to clense melancholy that can be taken. Preserued Oliues in salt eaten at the beginning of meales, do greatly
To strēgth the stomack fortify ỳ stomacke & relareth the belly, clenseth the liuer, & be hoat and dry in the second degree.

Jhon.

I Beseche the shew me thy opinion of the natures of some kindes of flesh, first of the properties of Beefe.

Humfrey.

I Wyll not vndertake to shewe mine opinion: to thy request, but I wil declare the myndes of some wyse and learned men: and
Simeon Sethi. first of Simeon Sethi, which saith that the flesche of Oxen that bee
To nourish yonge, do much nourishe & make them stronge that bee fedde with them, but it bryngeth melancho-
Melancholy ly, and Melancholius diseases,

it is

it is cold and drye of nature, and harde to disgest, excepte it bee of chollericke persones: but beinge tenderlye sodden, it nourysheth. Much bief customably eaten of idle persons, and nice folkes that laboure not, bringeth many diseases, as Rasis saith. And Auicen saieth that the fleshe of Oxen or kine, be very grose, ingendringe ill iuse in the body. Wherof oftẽtimes come to scabbes, cankers, biles, but vnto hot stronge chollerick stomackes it is tollerable, and may be vsed as we haue the dailye experience thereof. The broth wherin the biefe hath bene soddẽ, is good to be supped halfe a pint euery morning against ẏ flix of the belly, & running forthe of yellow choller. If ẏ said broth be tempered with salt: Mustard vineger or garlicke &c. Be com-

Rasis in li. 2. cap. 3.

Auicen in 2. lib. pri. cap. 15.

Scabbes & cankers.

To helpe ẏ flyxe.

monly vsed for the sawses to dis-
Disgestion gest bief withal, for the said sau-
ces do not only helpe disgestion,
but also defendeth the bodye frō
sundry inconueniences, & diuers
sicknesses, as dropsies, quartēs
leprosies, and such like. The gal
A medicine for ẏ eyes. of an Ore or a cowe, distilled in
the monthe of June, and kept in
a close glasse, doth helpe to clense
the eies from spots, if you put a
drop of this water with a fether
into thy eyes, when ye go to bed.
The milt of a Bul dried, and the
To stop ẏ bloudy flix powder therof droncke with red
wine, wil stop the bloudye flixe.
Lighte poudered yong Beefe, is
better then either fresche or much
poudered. In specially those cat-
tel that be fed in fair and dry pa-
stures, & not in stinkinge fennes.
The great learned man Gesner
in hys discriptyon of Beastes,
dothe

doeth write more of the vertues of bulles, oxen, kine and calues, then anye other hath done. And thus to conclude, the flesshe of the male beastes, is more better thē the female, and the gelded beasts be more commodious to nature, then any of them. And the young flesh more cōmendable thē thold, for it is more moist, & a frend to ỹ bloud, as Haliabas saieth: Rosted flesshe dooeth nourysshe the bodye much, for it is warm and moist. Bakē meats be very dry: Clene boyled meats, with holsome herbes and frutes, be excellente to comforte the bodie, if they be nutrimentall flesshe. Calues flesshe do greatly nourrysshe and make good bloud.

Gelded beasts best.

Hali. in. 5 The. ca. 4

Boyled meates cōforteth the body.

To make good bloud

Jhon.

Thou hast sayde well of Biefe, but what goodnes may bee reported of

Porke

Porke, I thinke very litle or nothing.

Humfrey.

Good for ye nature of man.

THere be manye goodlye commodities in ye flesshe of bores. Gelded swine and Pigges, for they be good for mans nature.

Jhon.

The discription of swine.

FOr mans nature? that is marueil. For howe can those bee good for mans nature, whiche bee so vyle of their owne nature. Their foull feding of most stinking filth and carion. The noysome wallowynge in the mire and durt, the eating of their owne pigges, and oftentimes pulling children out of the Cradle, for their dinners, if the good wyfe be not at home. Who is able to beholde suche noysome spirites, or hell houndes: Did not almighty God commaund the Jewes to eate none of them: and the Mahomites at this daye, wyl kill that man that eateth of their flesh, why should we then commende them, for they are moste vyle.

Hum-

Humfrey.

All the auncient and wyſeſt phiſicions that euer were in this worlde, did all conſente, that of all fleſche, the fleſh of yong geldeded ſwine, partly ſaulted or poudered, was euer a meate of the beſt norichinge moiſter, and colder then other fleſche, for Iſaack ſaith, it is a fleſh very moiſte, except it be the fleſh of lambes, as Galē repoꝛteth, yet it is not good to euery complexiō, noꝛ to euery age, but vnto youthe and middle age. Whereas thou haſte ſpoken againſte ẏ vile nature of ſwyne, callinge them vnreſonable, thou doſte vſe moꝛe woꝛdes then witꝛ foꝛ ther is no beaſt, ẏ may be called reaſonable: but man onlye. And wher as God did pꝛohibite the Iewes to eate ſwines fleſche: it was a figure to abſteine from vn-

Florida. Corone.

Fleſhe to nouriſhe.

Iſaack. Galen in ſec. com. cap. ii.

Beaſtes want reaſō

Why the Mahumetes abhorre swines flesh

vnclene thinges: whiche I leaue to the Theologians. The Mahumites abhorre swines flesche, because there dronke false prophet & Pseudo Apostle was torne & rent in peeces with swine, being dröken & fallen in the mire. So thone must geue credēce to time and to learned Phisitions.

Puddings of swine.

The blood of swine doth norish much, as it is sene in puddinges, made with great Otmeale, swete sewet, and fennel, or Annes seedes. Pigges be very moiste, therfore Sage, Pepper and salt, doe drye vp the superfluous humoures of them, when they be rosted. They be not holsome to be eaten before they be three weekes olde.

Trippes of swine.

The tripes and guttes bee holsomer, and doth nourish better then any other beastes gutes. Bakō is very hard of disgestion, and muche discom-

discommended, and is hurtfull. Only vnto a hot chollerick laboring body, the flesshe of a Boze, is moze holsomer then the flesshe of any sow. The bzains of a Boze, and his stones, oz any part of thē stāped together, & laid warm vp on a pestilēce soze, in the manner of a plaister, it wil bzeake it incōtinent. Swines grease is verye colde, and good to annointe burninge hoate places of the bodye, oz a disease called sainct Anthonies fyze, and thus muche haue I spoken of swyne.

Boze flesh

A plaister for a pestilence soze.

An ointmēt against burning.

Jhon.

I Praye you tell me of the flesshe of the Rams, weathers, and Lambes, and how profitable they are to mās nature

Humfrey.

SImeon Sethi saith, Lābes flesh is partly warme, but superfluous moist, & cuill for flegmaticke persons,

persõs, & doth much harme to thẽ that haue the dropsy, bonache, or a disease called Epialus, which is spittig of fleme like glasse. Ther fore if lãbes flesh were soddẽ, as it is rosted, it woulde bringe many diseases vnto the body, without it were sodden with wine, & some hotte grosseries, herbes, or rootes. When a weather is two yeares old, which is fed vppon a good groũd, ỹ flesh therof, shalbe temperate and nourrishe much. Hippocrates saieth, that ỹ lambe a yeare old, doth nourish muche. Galen semeth not greatly to commend mutton, but that whiche is tẽder, swete & not old, is very profitable, as experience & custome, doth daily teach vs. The doung, Tallowe and woll, be very profitable in Medicines, as Plini saith: And Conradus Gesnerus de anima-

The flesh of Lambes sodde hurteth.

The flesh of weethers

Hip.in.2. pri.doc. cap.15.

Tender Mutton.

animalibus, & Galen in his thirde boke, de alimentis. De ali. lib tertio. 3.

Jhon.

What is the flesh of Gotes or kids?

Humfrey.

They bee beastes verye hurtful vnto yong trees & plãts, but Simeon Sethi saith, that kids flesh is easy of disgestiõ, in health and sickneſſe, they be very good meate. They be drye of nature. Good digestion. Hippocrates sayeth: It behoueth that the cõseruers and kepers of health, do study that his meate be such, as the flesche of kids, yonge calues that be sucking, & lambes of one year old: For they be good for thẽ that be sick, or haue euell complexiõs. Haliabas doth saye, ỹ the flesche of kidds doe engender good bloud, and is not so flegmatick, watry & moist, as ỹ flesche of Lambes. They remain kids for vi. Inter. xii. doc. secũ. capi. vii. Hali in quinte theori. Capit. 2.

vi. moneths, & afterward cõmeth into a groaser & hotter nature, & be called Gotes. The flesh of thẽ that be gelded: is holsom to eat, ỹ lunges of them eatẽ before a mã do drynk, doth defend him ỹ daye from dronkẽnes, as I haue red in the reportes of learned men. But the flesh of the olde male gotes be il, & ungender the agues or feuers, If the vrine of goates be distilled in May with sorrel, the water distilled is not hurtful nor noysome, but who soeuer vse to drynke therof two drãmes morn and euening, it wil preserue him from the pestilence. The mylke of Goates I will deserue in the proper place.

A medicine for dronkerdes.

To ingender agues.

Against pestilence.

Jhon.

What bee the fleshes of Reade and fallowe Deare?

Humfrey.

Noze

More pleſaũt to ſom, thẽ pro-
fitable to many, as appereth
once a yeare in the corn fields, ẏ
more it is to be lamẽted. Hippo-
crates & Simeon Sethi, do plainly
affirm the fleſh of thẽ to engẽder
evil iuſe, and Melancholy colde
diſeaſes & quartens. The fleſhe
of winter deare, doth leſſe hurt ẏ
body, then that which is eaten in
ſommer. For, in winter mãs diſ-
geſtion is more ſtronger, & thin-
warde partes of the bodye war-
mer, and maye eaſelier conſume
groſe meates, then in Sommer,
as we ſee by experience. In cold
weather & froſts: helthful people
be moſte hungrieſt. The lunges
of a deere ſodden in barly water,
and taken fourthe and ſtamped
with penedice and hony of equal
quantitye to the ſayde Lounges,
and eaten a morynges, dothe
greatelye helpe olde Coughes,

Hippocr.
Simeon Sethi.
Raſis ala. Cap. 3.
Diſgeſtion ſtronger in winter thẽ in ſomer.
To helpe coughes.

Dzineſſe of the lunges. and dzineſſe in the lunges. There be many goodly vertues of theyr hoznes, bones, bloude and tallowe.

Jhon.

What be the properties of Hares and Conies fleſh?

Humfrey.

Aui. in. 2. can capit. 146. AVicen ſaith, the fleſh of hares is hot and dzye, ingenderet of melācoly, not praiſed in Phiſick foz meate but rather foz medicine. Foz in dede, if a Hare be dzied in the month of March in an Ouen oz furneiſe, and beaten into pouder, & kept cloſe, & dzōke a mozninges in Beare, Ale, oz white wine: it wil breake ỹ ſtone in the bledder, if the paciente be not old. If childrēs gummes be annointed with the bzains of an hare, their tethe wilt eaſely come fozth & grow. The gal of an hare mingled w̄ clene hony, doth clēſe watry

To breake the ſtone in the bladder

To helpe yonge tethe to growe.

watry eies, or red bloudye eyes. The flesh of hares must be tēder ly rosted, & wel larded and spiced because of the grosnes, but it is better sodden. The flesche of Co- nies are better then hares flesh, & easier of digestion. But rab- bettes be holsomer. And thus to conclude of Connies, experience teacheth vs, that they are good, they be cold and dry of nature, & small mention is made of them, amōg thauncient philitions, as Galen saith. I neede not to speke very long of euery kind of beasts as some of the beastes that be in Hiberia like little Hares whiche be called Conies.

Watry and bloudy eies

Hares.

Conies.

Rabbettes.

Galen in. iii. de ali. capi. i.

Jhon.

IF somme that knewe not Connyes, (which wer sene in the nature of ma ny other beastes,) had dwelte in di- uers places of Englande: they shoulde haue knowen them right wel: And per-

haps receiued of them as smal plesure as many husband menne haue founde by them in their cozne. Now thou hast wel satisfied me of the four soted beastes, whiche commonlye Englishmen fede vpon. Nowe I praye thee tel me, some of the vertues of fouls and fysshes of cockes, capons and hennes.

Humfrey.

Chickens. Chickins or Hennes, sayeth Auenzoar, be most commended and most laudable of any flesh, & nourisheth good blud. It is light of disgestion, & doth comfort the appetite, cock chickens, be better then hennes, the capon is better then the cock, they do augmente good blud and seede, as Rasis reporteth, & experience proueth in men, both hole & sick. An old cock which is wel beaten after his fethers be pulled of vntill he be all bloudy, & then cut of his hed and draw him, & sethe him in a close pot with faire water and white wine,

Auenzo. lib. pri. Good blud

Rasis in lib. 4. Aforis.

Old cocke.

Against consumption.

wine, fenil rotes, burrage rotes, Violet, Planten, Succorye, and Buglos leaues, Dates, prunes, great Rasins, maces, and suger, and put in the mary of a calf, and sanders: this is a moste excellent broth to them that be sick, weake or cōsumed. The brains of hens, capons or chekens be holsome to eat, to comfort the brain and memory. And thus to cōclude these forsaide foules, be better for idle folkes that laboure not, then for them that vse exercise or trauell, to whom grose meates are more profitable. Iohn.

To cōforte the brayn & memory.

What be the properties of Gese?

Humfrey.

VVilde gese and tame, theyr flesh is very grose and hard of digestion, as Auicen sayeth. The flesh of greate foules and of gese, be slowe and hard of disgestion: for their humiditie, they do

Auicē. in 2. cano. cap. 46.

brede feuers quicklye, but theyr gooslinges or yonge gese, being fatte, are good and much cōmended in meates. And Galen sayth: that the fleshe of foules be better then the fleshe of beastes. But vndoubtedly gose, mallard, Pecock, Swan, and euery foul hauing a long necke, be all hard of disgestion, and of no good complexions. But if gese be well rosted and stuffed with salte, sage, pepper, and onions, they will not hurte the eaters thereof. There be great gese in Scotlād, which bredeth vppon a place called the Basse. Ther be also Bernacles, whiche haue a straunge generation as Gesnerus saith: and as ẏ people of the Northe partes of Scotlande knoweth, & because it shuld seme incredible to many I will geue none occasion to any, either to mock or to meruail.

Galen in iii. de ali.

Of great foules.

The Geese of the basse.

Conradus Gesnerus.

And

And thus I geue warnynge to them whiche loue theyr healthe, to haue these forsaid foules somwhat poudred or stopped wyth salte, all the night, before they be rosted.

Jhon.

I pray the tel me of the flesh of Ducks.

Humfrey.

THey be the hottest of all domestical or yard foules, and vncleane of feeding: notwithstãding, though it be harde of disgestion and marueilous hot, yet it doth greatly norrish the body & maketh it fat. Hippocrates saith: that they that be fed in puddels and foule places, be hurtful: but they that be fed in houses, pẽnes or coopes, bee nutritiue, but yet grose, as Isaack saith.

To norishe the body.

Hip. in. 2. can ca. 46

Isackin. 16 viii. ca. 16.

Jhon.

What be pigions, turtles or doues?

Humfrey.

Auicen in can.

THe fleshe of Turtles be meruailous good, and equall to the best as Auicen saith. They be best when they be yonge and holsome for flegmatike people. Simeon Sethi saithe: the house doue is hotter then the field doue, & doth engēder grose blud. The cōmon eating of them is il for chollerick persons with red faces, for feare of Leprosie: therfore cutte of the fete, winges, and hed, of your pigions or doues, for their blud is that, which is so venemus. Thei be best in the spring time, & haruest. And Isaac saith, because thei are so lightli cōuerted into coler. They did cōmaūd in thold time, that they shoulde be eaten wyth sharp vineger, Purslein, coucombers or Citron. Rosted Pigions be best. The bloude that cometh out of the rightwing, droped into ones eye, doth mightelye helpe the

Il for chollerick persons.

Isaack in lib. dieta: cap. 16.

Rosted pigions best.

To helpe ꝑ swellinge & pryckynge of the eye.

the eye, if it swelleth or pricketh. And thus muche haue I spoken of Pigeons, or Doues.

Jhon.

What is fleshe of Pecockes?

Humfrey.

SImeon Sethi saieth: it is a rawe flesh, and harde of disgestion, onlesse it be very fat. But if it be fat it helpeth the Pluresie. Haliabas saith: that both swās, cranes, pecockes, and any great foules must after they be killed, be hanged vp by the necks, two or three daies, with a stone wayinge at their feete, as the weather wyll serue, and then dressed and eatē. Prouided that good wine be drōken after them.

Simeō Se.

Good for ye pluresy.

Hali. in 5. Retho. cap. 23.

Jhon.

What is the fleshe of Cranes?

Humfrey.

SImeon Sethi saith: their flesh is hot and dry, the yong be good, but

Si. Seth.

but thold encrease melancholy.

To engender seede in man.

They do engēder sede of generation, and being tenderlye rosted do helpe to cleare the voyce, and clense the pipe of the lunge.

To cleare the voyce.

Jhon.

What is Swans fleshe?

Humfrey.

Ill for chollerick persons.

EVery grose foul is chollerick, hard of disgestion: the signets be better then ẏ olde swannes, if their Galentines be wel made, it helpeth to disgest their fleshe.

Jhon.

VWhat is the flesh of herons, bitturs, and Shouellers?

Humfrey.

Ill for persons flegmatike.

THese foules be fyshers, and be verye rawe, and flegmaticke, like vnto the meate wherof they are fedde: the young be best, and ought to be eaten with Pepper, Sinnamon, Suger, & ginger, & to drinke wine after them

for

for good disgestion: And thus do for all water foules.

Jhon.

What be partriches, Fesantes quails, Larkes, sparrowes, plouer, and blackbirdes?

Humfrey.

Partriches doth bind the belly, and doe nourishe muche: The cockes, be better then the Henne birdes, thei do dry vp fleume and corruptiõ in the stomake. Fesãts be the best of al flesh, for his swetnes, is equal vnto the Capon or partrich, but he is sõwhat drier. Auicen. Rasis in. 3. alm. ca. 10

Good against fleme.

And Rasis saith: Fesants flesh is good for them that haue ỳ feuer ethike, for it is not only a meate, but a medicine, & doth clense corrupt humors in the stomacke. Ra. in lib. 4. affo.

Feuer ethike.

Quails although they be eatẽ of many, yet they ar not to be cõmended, for they do engender agues, and be euil for ỳ falling sickenes.

Engenderers of Agues.

For

Dioscor.

Foz as Conciliatur sayeth: of all foules that be vsed foz meates, it is the wozste. Dioscorides saieth: larkes rosted bee holsome to bee eaten of them that be troubled w̄ the chollick. Black birdes taken in the time of frost, be holsome & good of disgestion. The donge of black birds tempered with vineger, and applied to any place that hathe the blacke Mozphewe, oz black lepzosy, oftentimes anoynted with a spōge doth help them. The flesh of plouer doth engēder melancoly. Spazowes be hot, & pzouoke venus oz lust: Plini doth discribe their pzoperties: þ bzaines bee the beste parte of them. Wodcockes be of good disgestion and temperate to fede vpon. All small birdes of the field, as Robbin red bzest, linets, finches, red sparowes, goldwinges, and such like: if they be fat, thei be meruelous

Good foz þ chollericke.

To help þ Mozphew. Black Lepzosy.

Plinii. lib. 2. cap. 36.

All small bzides comfozt nature

wous good, & do greatly comforte nature, either rosted or boyled, & thus do I conclude with thee of byrdes.

Jhon.

Hartely thanke thee, gentle Maister Humfrey: for thy paynes takynge in dyscryng these thy rules vnto me, concerning the proper vse of beastes, and fowles, in meates. I would be glad to know the vertues of some fyshes.

Humfrey.

In many Iādes of this world, nere adiacent vnto the Ocean seas, the people liue there, moste chiefly by fish, and be right strōg and sound people of complexion, as Aristotel saieth: Consuetudo est tanquam altera natura. Custom is like vnto another nature, but because I speake of fishe, I wyll deuide them in three partes. First of the fishes of the sea, secondly of fish of fresh rūning ryuers, thirdly of

Aristo. in proble.

Fishe deuided into. iij partes.

ly of the fiches in pooles & stan-
Of sea fysh ding waters. The sea hath mani
grose & fat fiches, whiche be noy-
som to the stomack, but the sma-
ler kind of fiches that fede about
rockes & cleare stony places, be
more dyer and lesse of moistnes,
then the frech water fiche, & doth
engender les fleume and wynde,
Galen de tuen. by the reason of their salt feding
as Galen saith: they be the best fi-
ches that fede in ỹ pure sea: and
chiefest of al fiches for the vse of
Halia. in quin. the. cap. 25. mankynde. But Haliabas saith:
new fich lately take, is colde and
moist, & flegmatick, but lest of al
the sea fich. Fich that swimmeth
Fysshe in ri-uers. in freshe cleare riuers, or stonye
places, where as the water is
swete, beynge fyches that beare
scales, be maruaylous good. If
thei fede neare vnto places wher
muche filthe is dayly caste oute,
there the fiches be very corrupte
and

& vnholsom, as the said Haliabas sauth. Fish that fedeth in fennes, marisces, diches, & muddy poles, be very vnholsome, & do corrupt the blud, they be grose and slumy, corrupte & wyndy. But those fishes that be fed in fayre pondes, wherunto running waters may ensue, and wheras swete herbs, rotes, wedes, that grow about ỳ bākes, do fede ỳ fish: those fysches be holsome. Galen saieth: Fyche ỳ is white scaled, hard, as perches Cheuiēs, Ruffes, carps, breims, roches, Troutes. &c. be al good. But vnskaled fisches, as Eales, Tenches, Lampzeis, & such like be daungerous, onlesse they bee well baken and rosted, and eaten with pepper, ginger, & vineger: And note this, that it is not holsome trauelinge or labourynge, immediatly after the eatynge of fysche, for it doth greatly corrupt the

Fish in fennes corrupt bloud.

Best feding for fyshe.

Fish whyte scaled.

Fish vnscaled.

To labour sone after ỳ eatyng of fish, is hurtfull.

the stomack, and as Galen saieth: the nourishments of flesh is better then the nourishmēts of fish. And thus muche generallye I haue spoken of fishe.

Jhon.

Fat fishe be grose fode.

THus it semeth by thy woordes that great fishes that be deuourers in ỳ sea, as Seale, Porpos, and suche lyke: be vnholsome, and that the smaller fishes, as Codlinges. Whitinges, Plaices, Smeltes, Buttes, Soles, Pike, Perches, Breme, Roche, Carpe, and suche as feede in cleane stony waters, thou sayest they bee holsome. Eales, Lampreis, and other muddye fishes, thou dost not greatly commend. There be some kindes of fishe soft and som be hard, whiche be the best?

Humfrey.

The electiō of fishe.

IF fishe be soft, the best fysh is ỳ best. If fish be harde the yōgest is best, for it is either soft or hard Of hard fish take the smallest, of softe fishe take the greatest: Pro-

uided

nided that your fish be not verye slimye, and thus saithe Auicen in his boke of fishes. Auicen cap. de piscibus.

Jhon.

I Pray the tell me some thynge of thel fishes?

Humfrey.

CRauises and crabbes, be very good fishes, the meate of them doth helpe the lunges, but they be hurtfull for the bladder, yet they will engender seade: If Crabbes of the freshe water bee sodden in pure greene oyle olive: This oyle dropped into the eare luke warme, doth heale of burning obstructions, and stopping matter that hindreth the hering. As for limpetes, cockles, scallapes as Galen saithe: they be hard of disgestion, muskels & Oisters wold be wel boiled, rosted, or baken with Onions, wine, butter, suger, ginger, and Pepper, or els Crauises & Crabbes. Crabbes. To help hearing. Galen in libra de alimento. Oisters.

P.i. they

they be very windi & flegmatike.

Good for cholerick stomakes.

Cholericke stomakes may well disgest rawoisters, but thei haue cast many one away.

Jhon.

What is the vertue of Oyle.

Humfrey.

Oyl olliues best.

GReene oile of olliues, is þ mother of all oyles, which dothe drawe into her owne nature the vertues of herbbes, buddes, flowers, frutes, and rootes. Swete sallet Oyle is holsome to disgest colde herbes and sallets, tẽpered with sharpe Uineger and Suger. New oyle dothe moiste, and warme the stomacke, but olde Oile, corrupteth the stomacke, & cleueth to the lunges, & maketh one hoyse. Oil of Roses & sharpe Uineger, tempered togither, is good to annoint the foreheads of thẽ that be trobled with extreme heate or fraysy, so that Buglose be sod,

To disgest cold herbes

Auerois. commẽded Oyle in quinto de ouis.

Oyle of Roses.

Against frẽsye.

sodden in their posset ale, or elsse drinke the sirrupes of endiue, or Buglos. There be many goodly vertues in cõpounded oiles, both to make hot: and also to coole the body when it is extreme hot, as ỹ great learned man Mesue, hathe described in his Antidotarii.

Jhon.

Vuilte thou be so good as to tell me the properties of water?

Humfrey.

VWater is one of the four elementes, more lyghter then earth, heuier then fire & air. But this water which is here amõgst vs in Riuers, pondes, springes, fluds, and seas: be no pure waters, for ther be mingled with lũdy airs, corruptiõs, grosenes, & saltnes: notwithstãding in al our meates & drinkes water is vsed, & amõgst al liuing creatures can not be forborn, both man, beast, fysshe,

Gal. 3. de uic. in. acu lib. 1. sen. 2

Whatkind of water is best.

fish,foul,herb,and grasse vse it.

Auice.lib 1.fen.3.de dispositionibus aquarum.

And as Auicen saith,the clay water is pure,for cley clenseth ỳ water,& is better then water ỳ runneth ouer grauell,or stones,so ỳ it be pure cley,void of corruption.Also waters running toward the east,be pure,comming out of hard stony rockes,& a pinte of ỳ water is lighter then a pinte of ỳ stading water of wels,or poles.

The lyghter water best.

The lighter the water,the better it is.Also waters that is put in wine.&c.ought first to be sodden ere it be occupied cold,and so the fire doth clense it frō corruption.

Corrupte waters.

Standing waters & water running nere vnto cities & townes, or marish ground,wodes,& fens be euer ful of corruption,because ther is so much filth in thē of carions & rotten dung.&c.The hier ỳ water dothe tal ỳ better water it is.

Ise & snow waters.

Ise & snow waters be very grose

groſe, and be hurtful to ỳ bodyes of men and beaſtes. To drynke cold water is euil, for it will ſtop the bodi, and engender melancoly. Salt water helpeth a man frō ſcabbes, iche, and moiſt humors, it killeth lice, and waſteth bloud betwene the ſkin and the fleſhe, but it is moſte hurtful to the ſtomacke, but the vapor and ſmoke of it is good for them that haue the dropſy.

Salte water, healeth ſcabs and itch.

Jhon.

What is Vineger?

Humfrey.

VIneger is cold and dry, and is hurtfull for them that be melancholi, but when it is droke or poured vppon an outwarde wounde: it ſtoppeth the bloud. It alſo killeth hot apoſtumatiōs of Erſipipelas, it is an enmemy to the ſinnowes. Vigener & brimſtone ſodden together, is good for the gout,

The properteyes of Vineger.

To helpe goute.

gout, to wash it withal. Vineger tempered with oile olife, or oil of roses, & sodē with vnwashed wol healpeth a disease called Soda in the heade, applyed warme vnto the place, it is good in sauce for all warme and moiste men. Vineger with clene clarified honye Penidies and fayre water sodden together, doth greatlye helpe the pains in the throte, or lunges, or stopping the winde, & quencheth hot diseases. And sharp vineger mingled with salte, & put vponẏ biting of a dog, doth heale it: and against poisō it is excellēt, chiefly to drinck a litle therof against the pestilence in a morning.

Paine in the throte.

Biting of a dogge.

Against the pestilence.

Jhon.

What vertue hath our common salt?

Humfrey.

Rasis in. 3. alimen. cap. 17.

RAsis saith, salt is hot and dry, Dioscorides saith, salt hathe vertue to stop, to scour, and mūdi fie,

fie, and of that mind is Oribasius saying: salt is cõpounded of matter absterſiue and ſtiptike, which matters be both binding & drying moiſt humours, and is good to pouder fat flesh, both bief and porke, and other fat meate: for it hath vertue to drye vp ſuperfluous humors, as water & blud. &c But it is not good for leane bodies, or hot cõplexioned people, for the much vſe of it maketh the body cholerick, appere aged, & to be angry. The veri vſe of it is only to ſeaſon meates, but not to be meat. Much good Salt is made here in England, as at Wytche, Hollond in Lincolnſhire, & in the Shiles neare vnto newcaſtle.

The vertue of ſalt.

To drie vp moiſte humors.

Much eating of ſalt hurteth.

Jhon.

What is hony, or the vertue therof?

Humfrey.

AVerrois ſaith, honye is hot & dry in the ſecond degree, and doth

Averois in. 5.

doth clense verimuch, & is a medicinable meat most chiefliest for old men and women. For it doth warme them and conuerte them into good bloud. It is not good for chollerick persons because of the heat & drines. They do greatly erre that say honye is hot and moiste: but if it be clarified from his wax and drosse, and kept in a close vessel, there is nothing that is liquid vppon thearth that remayneth lenger. And thys precious iewell Honye, hathe euer beene more praysed aboue Suger, for it wyll conserue and kepe any frute, herb, rote or any other thinge that is putte into it an exceding long time. Meruelous is the worke of God in hony being a heauēli dew, that falleth vpō flours and leaues as Auicen saieth, and is neither the iuice of leaues

Simeon Sethi.

Ill for cholerick persones.

Honye a precyous iewel.

Honye an heauenly dewe.

Auicē in 2 Can. Cap. 504.

leaues nor fruit, but only ꝑ heauenly dew. Wherunto the Bees come in due time, and gather the said hony, & laye it vp in store in their curious buylded houses, where as they dwell together in most goodly order. O bees, bees how happier are you then many wretched men, which dwel neuer together in vnitie and peace, but in continuall discord, and disquietnes, as Virgil saith: En quo discordia ciues produxerit miseros: Beholde, whither discorde hathe brought wretched citezins: But now to make an end of the moste excellent vertues of hony, it is good in the meates of thē whiche be flegmatike. Hony newly take out of the combs, is partly laxatiue, but clarified hony doth bind and drye vp fleume & kepeth the bodies of flegmatike & olde persons frō corruption. The best hony is

Bees be an example vnto vs, both for loue and working in the commō wealth.

Virgilius.

Newe hony laxatiue.

Clarified hony doeth bynde.

ny is gathered in the spring time the second in somer, but ỳ whiche is gathred in winter, is il, & hurtful. One part of hony, and some part of water sodde together vntill the froth be all scomde of, and when it is colde: kepte in a close stone pot, this drink (saith Galē) is holsome for sommer, clenseth the lunges, & preserueth the bodye in health. Oximel simplex & compositum be made with hony, and so be many mo thinges whiche be of greate vertue. Suger which is called Mel canne, hony of the reed, being clene, & not full of grose pannel, doth clense, & is not so hot as Bees hony, & doeth agree with the stomacks of cholericke persons, Haliabas saith it moueth not the stomacke to dyzzinesse, and that the cleane whyte suger (not ill mingled) doth nourishe moze then hony. Of Rose-

In helthful drunck for ỳ sommer.

Galen de tuen. sani. libro. 4.

Suger.

Haliabas in. 5. theo. cap. 27.

water

water, Pearles & ſuger is made a goodly comforter for the hart, called Manus chriſti. To make Manus chriſti.

Jhon.

What is the propertie of mylke?

Humfrey.

SImeon Sethi ſaith that milk is of three partes: whay, curdes, and creme. Whay is holſome to drinke in Sommer, ſpecially of cholerieke perſons, it clenſeth the body. Milke of fat beaſtes doth nourith more then the leane beaſtes, and the milke of young beaſtes is better thē of the old. And the newe milke is holſomer then that which hath ſtand in the aire, as Raſis ſayeth. And alſo thoſe beaſtes that fede in drie paſtures amongeſt ſweete herbes, graſſe, and floures, hauing conueniente water, their milke is very good. Milk in the beginning of ſomer is very holſome. In wynter it is vnhol-

Si. Sethi. Whay holſom in ſommer. Mylke. New milke Raſis in. 3. alman. cap. 25.

Milke not good for foule stomakes.

vnholsome for flegmatike persons, or thē whiche haue corrupt & foul stomakes. For if the milk be sower, it doth engēder ỳ stone in the raines or bladder. Cowes milke is the thickest milcke, and vnctuous or full of butter. But ỳ best milk ỳ helpeth against consumptions, is womans mylke.

Womans milke.

Gots milk

The nert is Gotes milke, which Gotes milcke rather nourisheth to much, if it be taken commōly.

Shepes milke.

Shepes milke is not very pleasaunt to the stomack. And note this, that milke is not holsome to them which haue pains in ỳ hed or teeth. But the people that bee

For whom milk is not holsome.

brought vp with milke, be fayre coloured, and healthful bodyes. Isaac sauth, if hony and a litle salt be sodden in the mylke then it is wholsome, and is not windy nor flegmatike. Mintes, burrage leaues, rosemary flowres, honye

suckles,

ſuckles, & a little ſuger be layed in a baſon, and couered wyth a fine lynnen cloth, & milke the ſaid Baſon ful through the cloth, and let it ſtand al night: This is pleſaunt to drink in the morning vp pō an empty ſtomack, two hours before any other meat, it cleanſeth the rage of hot burning choller. How milke may be vſed. Galen de alimen.

Jhon.

What is butter?

Humfrey.

BUtter is hot and moiſt, freſhe butter is vſed in many medicines. New made butter meanly ſalted, is good with bread, fleſhe and fiſh, it helpeth the lunges, & purgeth the drines of the throte, and helpeth coughes moſt chiefleſt if it be mingled with honye or ſuger. It is good for yōg children when their teeth doe growe or ake. Buttermilk if ye crumme newe whyte bread into it, and ſuppe The operation of butter & cheſe. Coughes holpen. Butter milke nouriſheth.

suppe it of, there is no milke nourisheth so muche, Goates mylke excepted. These if it be newe it is indifferentlye well cõmended, but hard salt chese doeth drye the body, & engendreth the stone, as Isaack & Auicen say, & many other lerned men moo do discõmend it, then prayse it. Whē pots or stones be broken, if hard chese be steped in water & made soft, & grounde vpõ a painters stone, it wil ioyne the broken pots or stones together again. By this I gather, ỹ chese wil engender the stone before any other meates. Therfor chese shuld be made in somer whē the creame is not taken from the milk. And Bittony, saxifrage, & parcely, chopped together, be holsome to be mingled amongst the curds, and thus I conclude with Haliabas, ỹ old chese is vnholsom

Ill for the stone.

Isaack in doc. ca. 15. Auic. in. 2 cap. 128.

Old chese vnholsome.

Iho.

Tell

Tell me somwhat of Egges.

Humfrey.

GAlen saith in his boke of simples, that the Egges is no parte of the foules, but a poꝛtion of the thing from whēce it came. Simeon Sethi writing of the diuerſitie of egs saieth. The firſte pꝛopertie is in their ſubſtaunce, and ẏ ſecond is in their time, either new laid oꝛ old. The third is in ẏ maner of their roſting, poching oꝛ ſething: New laid egs of hennes poched & ſupped vpon an empty ſtomecke, do clenſe the lunges and the rains of ẏ back. Hard egges be greatlye diſcommended, vnleſſe it be to ſtop flixes, but it were better to ſethe egs hard in vineger, & thē vndoubtedly it wil dꝛy vp the flix of ẏ belly. Fried egges be very hurtfull foꝛ cholericke people, & them which haue ẏ ſtone. Duckes and Gees egges

New layd egges.

Egges is meanto ſtop flixes.

Fried egges hurteth.

To engender good bloud.

egges be grose and noysome, but pattrich, Fesantes, and Hennes egges, ingendre good bloud.

Jhon.

What is the propertie of wyne?

Humfrey.

Hip.in.ii. aphor.

HIppocrates saith of a customable thing commeth les hurt, wherof I gather, that they that drink wine customably with mesure, it doth profit thē much, & maketh good digestion. But those people ỳ vse to drink wine seldom times, be distemperated. White wine if it be clear, is holsom to be dronk before meat, for it perseth quickly to the blader: but if it bee dronk vpon a ful stomack, it will rather make oppilation & stopping of the meseraites, because it doth swiftly drive fode down, before nature hath of him selfe disgested it. And ỳ nature of whyte wine is of least warmnesse. The

Digestion.

White wine

Auero. in 6. colig. Rasis in libra. 26. con. ca. 1.

second

second Wine is pure Claret, of a cleare Jacinct, or yellow colour. This wine doth greatly nourish & warm the body, and is a holsō wine with meat, and is good for flegmatike folk, but very vnholsom for young children, or them which haue hot liuers, or paines in their head, occasioned of hotte vapours, or smokes, for it is like vnto fier and flare. The third is black, or depe red wine, which is thick, a stopper of the belly, a corrupter of the bloude, a breeder of the stoane, hurtfull to olde men, and profitable to fewe men, excepte they haue the stir. And for the election of wine saith Auicen that Wine is best that is betwen new and old, cleere, declinynge somewhat to redd, of good odour neither sharpe nor swete, but equall betwene two, for it hathe vertue not onli to make humors

Claret wine warmeth & body.

Hot liuers.

Red Wyne corrupteth the blond.

Auicen in 3. prim. 2. doc. ca. 8.

tēperat, warm, & moist, but also to expell euil matter, whiche corrupteth the stomack and bloude. In somer it ought to be delayed with pure clear water, as Aristotle saithe in his problemes. And note this, ẏ in dry yeares, wines be best and most holsome, but in watrye yeres, the grapes be corrupted, which wine doth brynge to the bodye many euill diseases, as dropsies, Timpanes, Flixes, reumes, windes and suche lyke, as Galen saieth. And thus to cōclude of wine, almighty God did ordeine it for the great comforte of mankinde, to be taken moderatly, but to be dronken with excesse, it is a poyson mooste venemous, it relaxeth the senewes, bryngeth palsey, falling sicknes in cold persons, hot feuers, fransies, fighting, lechery. & a consuming of the liuer, to ẏ chollerick:

Whē wins be best.

Galen in reg. acu.

Wine moderatli drōk comforteth.

A glasse for all excesse wene bibers to looke in.

And

And generally ther is no credēce to be geuē to dr̄ōkards, although they be mighty men. It maketh mē like vnto monsters, with coū tenaunces, like vnto burnynge coles: It dishonereth noble mē, and beggereth poze men: & generally killeth as many as be slain in cruell battailes, the moze it is to be lamented.

Jhon.

What is Ale oz Beare?

Humfrey.

Ale doth engender grose humoʒs in the body, but if it be made of good barly malt, and of holsom water, & very wel soddē, & stand. v. oz. vi. daies, vntil it be clear: is very holsō, especially foz hot cholleriek folks, hauing hot burning feuers. But if ale be very swete & not well sodden in the bʒuing, it bringeth inflamatiō of wind & choller into ỹ belly: If it

Of Ale and Beare.

Foz whom ale is holsō

Swete ale.

Sower ale. be verye sower, it fretteth & nippeth the guttes, and is euill for the eies. To them that be verye flegmatick, ale is very grose, but to temperat bodies it encreaseth bloud: It is partly laratiue, and prouoketh vrine. Cleane brued beare if it be not very strōg, brused with good hops, doth clense ỹ body frō corruptiō, & is very holsom for the liuer, it is an vsual ordinary drinke in moste places of England, which in dede is hurte & made worse with many rotten hoppes, or hoppes dried like dust which commeth from beyond the sea. But although there come many good hoppes from thence, yet it is known that the goodlye stilles, & fruteful groūds of englande do bring forth to mans vse, as good hops as groweth in any place of the worlde, as by prose I knowe in manye places of the

Cleane brued beare hol some.

Rotte hops

Englishe hoppes.

countrye

countrye of Suffolke, where they brue theyr Beere wyth the hops that growe vppon theyr owne groundes: And thus to conclude of ale & beare, they haue no suche vertue nor goodnesse as Wyne hath, and the surfettes whiche be taken of them, through dronkennes: be worse then the surfets taken of wine. Knowe this that to to drink ale or beere of an empty stomack moderatly hurteth not, but dothe good. But if one be fasting, hungry, or empty and drink much wine, it wil hurt ỳ sinewes & bringeth cramp, sharpe agues, and palseis, as Auicen, Auerrois and Rasis say.

Surfets of ale and bere

Auicen. ii. ter tra. ii. capit. 8. Auero. in comen. Rasis in 4. almen. Capitu. 5

Jhon.

Tel me somwhat of bread.

Humfrey.

THe best Breade is made of cleane swete wheate whyche groweth in claye ground, & ma-

Of bread.

keth but little bzenne when it is ground, lightly leuened, meanly salted, and the bzead to be baken in an ouē not extremely hot: least it be burned, noz les then meane hot: least the bzead be heauy and raw. The lighter the bzead is, & the moze ful of holes: it is the holsomer, as Auerrois and Rasis sai. And allo bzeade must neither be eaten new baken, noz verye stale oz old, foz thone causeth dzynesse thirst & smoking into ỹ hed, troubling the bzains & eies, through the heat therof. The other dzieth the body and bzingeth melācoly humozs, hurting memozye. The best bzead is ỹ which is of a day old, & the loues oz māchets may neither be greate noz lyttle, but mean. Foz, the fire in smal loues dzieth vp ỹ moistnes oz vertue of the bzeade, & in great loues it leueth rawnes & grosenes. Reade

The meane bake bzead best.

Auerrois in quint. Col. Rasis in 30. alman. cap. 3.

Bzead of a day old.

Galen

Galen in the properties of bread: Sodden bread, whiche be called sumnels or cracknels, be very vn holsome, & hurteth many one: rie bread is windy & hurtful to many, therfore it shuld be wel salted & bakē with Annisseedes, and cōmonly crustes of bread be verye dry & burneth, they do engender melancoly humoures. Therfore in great mens houses the bread is chipped and largly pared and ordinarelye is made in brewes & sosse for dogs, which wold help to fede a great nōber of poore people, but that many be more affectionat to dogs thē to men. Barly bread doth clense, cole, and make the body leane. Galen. 2. aliment. cap. 2. Sodden bread not holsome. Barly bred

Jhon.

What is the vertue of Rise?

Humfrey.

There be many opinions concerning Rice, but I shal stay

my selfe with the iudgemente of Auicen: Rice sayth he, is hot & dry & hath vertue to stop the bellye, it doth nourriche much, if it be sodden with milke, but it oughte to be steped in water a whole night before. If blaunched Almondes be stamped and with Rosewater streyned into them, and sodden with cowes milke: it is veri much nouriching.

Auic. in. 2. Can capi. 500. lxxviii.

Jhon.

Shew me the vertue of Almondes.

Humfrey.

The diuerse type of Almondes.

THe bitter Almondes be hotter then the swete Almonds. Dry almondes be hurtfull. The milk of moiste Almondes, wherin burning stele is quēched, stoppeth the flix. To eate Almondes before meat, preserueth against dronkēnes. Walnuts be holsom when they be newe, to bee eaten after fish, for they hinder engendring

Almōds before meat.

of walnuts

dzing of fleum. Simeō Sethi ſaith they are hot in the firſt, and dzye in the ſeconde degre, not holſome befoze meate, Plini ſpeakynge of Metridatis (the greate kynge of Ponthus) found of his own hand wzitinge, that two nuttes & two figges, and twenty rewe leaues ſtaped together with a litle ſalt, and eaten faſting, doth defend a man boeth from poyſon and peſtilence that daye. Filberdes and haſle nuttes, be harde of diſgeſtion, ill befoze meate, hurtfull to the head and lunges, if they be roſted and eaten with a little pepper, they wyll helpe the running & deſtillation of rheumes. Cheſtnuts is they be roſted and eaten with a litle hony faſtynge, they helpe the coughe, if they bee eaten rawe, although they greatly nourryſhe the body, yet they be hurtful foz the ſplene and filleth the

Plini in lib. 22. ca. 8

Againſt poiſon.

Of Philbeardes.

Rheumes.

Of cheſtenuttes.

Of Nutmegges.

the belly ful of wynde. Nutmegges bee very good for colde persones, comforteth the sighte and

Aui. cap. de nuce.

memory, as Auicen saieth: but without doubt Nutmegges doth combuste or burne sangwine mē, and drie their bloude: and thus muche haue I spoken shortly of Nutmegges.

Jhon.

What be Cloues, Galangall, and Peper?

Humfrey.

They be hoate and drye, and as Rasis saieth: doth comfort

Rasis in li. 4. Acho.

cold stomakes, and make sweate breth, and is good in the meates of them that hath ill digestion. Black pepper is hoater then log pepper, & doth mightely warme the body, the grosser it is eaten,

Isaac in parti dic. bus.

with fysshe or frute, the better it prouoketh vrine, it is hoate and drie, in the fourth degre, therfore they

they doe erre that saye pepper is hoate in the mouthe and colde in the stomacke. Althonghe pepper be good to them that vse it well, yet vnto artificiall women that haue more beastlines then beuty and can not be content with their naturall complexiõs, but would fayne be fayre: they eate pepper, dried corne, and drinke vineger, with suche lyke bagage, to dryue vp their bloude, and this is the very cause that a great nomber though not al, fal into weaknes, greene sicknes, stinking brethes and oftentimes sodaine death.

The practise of some women.

Jhon.

What is swete Calamus odoratus? Calamus odoratus.

Dumfrey.

A excellent sweete roote and profitable for men, if the poticaries keepe it not vntill it bee rotten, it is hot and dry in the beginning to the middes of the seconde

To waste windes in the body.

cond degre, it hath poure to clēse to drye, to waste all windes with in the body without hurt. Galen doth greatly cōmend the sauoure of it. They ꝑ drynke of this roote sodden in wyne, shal haue remedy of the white morphew, and recouer good coulours. And this haue I proued, it helpeth crampes & sickenesses in the sinewes, beinge dronke in wyne, sodden with sage, it helpeth the splene, ꝑ liuer and raines, and will clense the secrete termes of womē, and augmenteth naturall seede.

A remedy for ꝑ white morphewe.

Seede augmented.

Iyon.

What is Ginger?

Humfrey.

Auerois in. 5. coll.

IT is hot in the third degre, and moyste in the ende of the firste. If it be vncoullered, white & not rottē it is very good, most chiefly if it be conserued. And grene as Mesue saith: it maketh warme

Mesue in 4. distin.

a cold

a cold ſtomacke, and conſumeth windes, helpeth euill diſgeſtion, and maketh meate gooe eaſelye downe into the ſtomacke.

Jhon.

What is Setwall?

Humfrey.

HOtte and dryе in the ſeconde degree, and is good, the pouder thereof to be dronke is moſte of effect againſt the peſtilēce except: Mithridatum. It is good againſt poyſon, winde chollericke and colde paſſions of the harte, and doth reſtraine vomets. The weight of eight granes doth ſuffice to be dronke in ale or wyne vpon an empty ſtomacke.

The operation of Setwall

Vomyte reſtrayned.

Jhon.

What is Cinamon?

Humfrey.

DIoſcorides doeth ſay: there be many kindes of Cinamon, but generally their vertue is this to helpe

Diuers kindes of Cinamon.

to helpe dropsies, windes or stopping of the lyuer, and is hoate & drye in the thirde degre.

Jhon.

What is Cassia fistula, Seneca, and Rewbarbe?

Humfrey.

To know: good Cassia fistula.

CAssia fistula, if the Cana be heuie & the cassia within blacke and shining that is good cassia, if this be drawen new out of the caane halfe an ounce or more at one time, & mingled with suger, and eaten of a fastinge stomacke in the morning: it hath power to

To purge coller.

purge choller, to clēse the raines of the back, it will fret & consume the stone, it purgeth very easely, & is pleasāt in taking, and may be taken of childrē, weak wemen, & sickmen, in ỹ time of their feuers the acces of their fits, excepted.

Of Rubarbe and his operation.

Rubarbe doth purge yellow coller by him self, ii. or iii. drammes may

may be taken or a litle more, so ỳ there be a dram of spicanarde or Cinamō put vnto it. In sommer to drink it with whay. In witer with white wine: but ỳ clean yellow rubarbe sliced, & put into infusion all the nighte with whay, white wine, or endiue water, and strein it in ỳ morning, doth greatly purge the blud & liuer, three or four drams with spicanard a dra or more. Seen Alexandria if it be sodden in the broth of a cock or a hen doth purge the blud and melancoly, very gently & cōforte the hart. One oūce of the clene small leues of seene without coddes or stalkes, half a quarter of an oūce of ginger. xii. cloues, fenel seede, ii. drams, or els. ii. drams of Cinamon tartar, half a dra, beaten all together in pouder: These do purge the hed mightly to be takē before supper, the waight of one dram

Purging of bloud and liuer.

A comforte for the hart

To purge the head.

dram in a little white wyne.

Jhon.

I would be glad to learne the vertues of Aloes.

Humfrey.

Two kyndes of aloes

THer be.ii.kinds of aloes, one is named Succotrina, whiche is like a liuer, clere, brittle, bitter, coullered betwene red & yellow, this is beste for medicins. A litle of this tẽpered with Rose water, beinge put into the eies, helpeth the dropping & watry eyes. Also it is put in many excellent medicines laxatiue, as safron, myrre, aloes, migled together in ỹ form of pils, is the most excellent medicine against the pestilẽce, as it is writtẽ in this boke following. Hony & aloes mingled together, do take away ỹ marks of stripes and also doth mundify sores and vlcers, it doth clense the aboundance of choller and fleume from the

To helpe watery eies

Against the pestilence.

Markes of stripes.

the ſtomack. It is not good to be taken in Winter, for Auicen doth forbid it, but in the ſpringe time, or harueſt the pouder therof. Auicen in li. de. ſim.

The weight of a French crowne mingled with the water of hony or meade, and ſo droncke in the morninge, it dothe clenſe bothe choller and fleume. There is an other groſe aloes which is good for hoſſe tempered with ale, and miniſtred aſwell to other greate beaſtes as horſes, the weight of halfe a nounce, and thus muche haue I ſaid of aloes, but if aloes be cleane waſhed, it is the holſomer, many vnwaſhed aloes wyll cauſe Emerodes. Jhon. To cleanſe choller and fleume. A cauſe of Emorodes.

Is the ſafron that grow in Englande as good as that, that come from thother ſyde of the Sea?

Humfrey.

OUr englyſh hony, & ſafron is better thē any that commeth from English ſafron beſt.

from any other straunge or foren land. But to thy question of Safrō, it hath vertue, ether in bread or potage, to make the hart glad, it warmeth the bodye, it preserueth from dronkennes, dronk in ale or wine prouoketh actes venereus, induceth slepe, pourgeth vrin. Mirh, aloes and Saffron, make an excellent pil against the pestilence. ii. peny waight of Safron pouder, rosted with the yolk of an egge verye harde, and the saide yolke beaten in pouder. xii. graines drounke a mornynges is good agaynste the pestilence, Safron, planten, and Juiri sodden. The decoctiō drinck helpeth the yellow Jaundies, it is dry in the first degre and hathe vertue to restraine.

Glad hart.

Pillule. Ruffe.

Against the pestilence.

Yellow iaūdyes.

Jhon.

VTle plain men in ẏ country, dwell far from great cities, our wines & children

children be often sick, & at deaths doze, we can not tel what shift to make, we haue no aquaintance with the apothecaris, comonly we send foz a quãtity of mamsey, what so euer our diseases be, these be our comon medicins oz els we send foz a box of Triacle, & when these medicis fail vs, we cause a gret posset to be made, & drink vp the drink: thinkest thou these medicins be not good?

Humfrey.

FOz lack of medicine God helpeth the people oftentimes by miracle, oz els a great nũber of men shuld perish. But because ỳ almighty God hathe couered the whole face of thearth with many pzecious simples, wherof ryche cõpositions be made: Therfoz be nether so rude noz barbarous to thinck these medicines good that thou hast rehersed, foz al diseases although not hurtful to som: but because manye do receiue moze mischief then medicine in coun-

God helpeth diuers wayes.

terfeit triacles. I shall rehearse vnto thee what Valerius Cordus & other, do write vpon the vertue of the precious triacle called Mithridatum.

Jhon.

I would be glad to heare of that precious Triacle, and his vertues.

Humfrey.

Mithridatum.

Theriacha.

This excellēt triacle Mithridatum is vert in quality & vertue of Theriaca, & do differ but little, but onlye Theriaca is a lyttle hotter & stronger against venim of snakes, edders, and serpents.

Poyson of Snakes.

It helpeth all paines of the hed of men or womē if it com of cold, most chiefly of melācholy & fear.

Help for the Megrime.

It helpeth migrem, falling sickenes, and al pains of the forehed, dropping of eies.

Tothache.

It helpeth toth ach, paines of the mouth, chekes if it be put in maner of a plaister, or els anoynte the pained place

It

It helpeth paines of ỳ throte called Squinãce, and also coughs. Apoplexia, and passion of the lunges, and manye greuous dolours and paines within the bodye, dronke with the decoction of the flowers of Pomgranettes or Planten it helpeth and stoppeth flires in the Ilias & longe guts windes or collick. The ertention or cramps be helped very muche with this Methridati dronken wt stilled waters. Palses, sicknesse in the midriffe, the liuer, rains & bladder, be clensed therby, it prouoketh the menstrual termes in women being dronke with posset ale. If Isope or Germaunder be sodde in the said ale it is excellẽt against the pestilence, or poison. If it be dronk but a little quãtity therof, accordinge to the disease, strength or age of the person. It is very good against the stone. or

Paine in ỳ throte.

Stoppynge of the flyxe.

helpe for ỳ crampe.

Pestylence and poison.

Against the stone.

for women whiche haue a newe disease peraccidentes called the grene sicknes, there is nothynge better against ẏ biting of a mad dogge then to drinke of this, and to annoint the wounde. If it be geuen in drink to any sicke body a litle before thaccesse or cōming of the cold fits of cotidians, tercians or quartēs, so that it be drōk with wine temperatly warmed. This Mithridatū is a medicin of no smal price. Democrates hath a goodly compositiō of it, an other excellent cōpositiō is of Cleopatre, as Galen writeth. An other & the most excellent is the discription of Andromachus phisiciō vnto king Nero, but the chief father of this art was king Mithridatus the noble king of Ponthus, after whose name it is called. Jhon.

Grene sicknesse.

For cotidians, Tertians, or quartains.

Of ẏ excellēt Triac lecalled Methridatum.

IN dede this is an excellent medicine, but I pray thee where shal I buy it?

Hum-

Humfrey.

THe blinde (felowe Jhon) doe eat many a flie, and the plain meaninge man is ofte disceiued. There is no trust in some of the Potticaries, for although the vsurpation of quid pro quo is tollerable, for their Succedanes yet to abuse their simples or cõpoũdes, it is not only theefte to robbe simple men: but also murther to kil the hurtlesse.

Jhon.

OF late time we haue bene so afflicted with soundrye sickenesses and straunge diseases that in many places we could get no phisicions to help vs, and when men be sodainly sicke. CC. miles from London, Cambridge or Orforde, it is to late for the pacient to send for helpe, being infected with the pestilence. I pray the tell me some good regiment for me and my familye, if it please God that it may take place.

Humfrey.

I Shalbe glad for as much as ỳ hast taken paines to here me all this while, to teache thee a prety Regiment fo, the pestilence.

Jhon.

Rede it faire and softly, and I will take my pen and write it.

Humfrey.

Diffinition epidimie Gall.

CErtainly the occasion of thys most fearfull sickues cõmeth many waies: as the chaung of ỳ air, frõ a good vnto an euil qualitie, taking his venemous effect of the vital spirits, whych incontinent withal spede, corrupteth ỳ spiritual blud. And sodenly (as it were) an vnmerciful fire, it quickeli cõsumeth ỳ whole body, euẽ to deathe, vnlesse the wholesome medicine do preuent and come to the hart, before the pestilente humoure. And because it is a very stronge sickues, it is requisite to haue a stronge curing medicine.

The corruption of blud

For

For weak things will not preuail against ſo ſtrōg a matter. Therfore I praye you note theſe fyue ſaiynges, as aire, diet, ſleepe, or watche, quietnes or trouble, and finally medicine. First walk not in ſtinking miſts, nor by corrupt marris grounde, nor in extreme hot wether, but in faire clere aire vpō high ground in ſwete fieldes or gardens, hauing fyre in your chamber, with ſwete perfumes, of the ſmoke of Olibanum or Beniamin Frankenſence, being colde wether. And in hot weather. Roſes, willow braunches ſprinkled with vineger, and often chifting the chamber is holſome, fleing ỳ Southe winde. Secondly dyet, moderate eating meate of good diſgeſtion, as all that haue pure white fleſh, both of beaſtes and fouls, good bread of wheat, partly leuened. Eat no raw herbes,

Six things to be obſerued in the time of peſtilence.

Beware of raw herbes

Purſlen,

Purslen, Lettis, yong Lettis, or sorell, except w̄ vineger. Drinck of clere thin wine, not chaunged and vse oftentimes vineger with your meats, and mingle not fish & flesh together in your stomack, and to drinke a tisant of Barley water, Rose water, and Sorrell water, betwene meales is good, eight sponefuls at once. Thirdly beware you slepe not at noone, it bringeth many sicknesses, and geueth place to the pestilēce, and abateth memory. For as ỹ Marigold is spred by the daye, and closed by the night: euen so is mā of nature disposed, althoughe through custome otherwise altered vnto great domage & hurt of body. Eight hours slepe suffiseth wel to nature, but euery cōplexiō hath his proper qualities. To slepe vpon the right side is best, euell vpon the left, & worse vpon the

None slepe till for the plage and memory.

Eight hours slepe.

the back. Fourthly, vſe moderat exercise & labour for the euacuation of the excrementes, as ſwift goynge vp hylles, ſtretchinge forth armes and legges, liftinge waites, not very pōderus, for by labour the firſt & ſecond digeſtiō is made perfit, & the body ſtrengthened, & this is a mighty defēce againſt the peſtilēce, & many mo infirmities, wheras through idlenes, be engendred al diſeaſes both of the ſoule and body, wher of mā is compounded and made. Fiftly, aboue all earthly things, mirth is moſt excellent & the beſt companiō of life, putter away of al diſeaſes: the contrary, in plage time, bringeth on the peſtilence, through painful melancoly: whiche maketh the body heaupe and earthly. Cōpany, muſick, honeſt gaming, or anye other vertuous exercise doth helpe againſt heauines

Exercise.

Galen. De tuēdaſani.

Mirth.

uines of minde. Sirtly, medicin the party being chaunged in nature and condicion, trunbling or burning, vomitig with extreme pain in the day, cold in the night, and straung imaginacions. &c.

Signes of the pestilēce

Apt to sleepe, when these signes do appeare, geue hym medicin before. xii. houres, or els it will bee his death. Take therfore withal spede, Sorel, one handful stāped with Rew, Enulacampana, Ozing rindes, Sitron sedes: ỳ great thistle rotes, Geneper beries, walnuttes cleane piked, of eche one ounce, stampe them all together, then take pure sharpe vineger, a quarter of a pinte, as much Buglos water, as much white wine and temper your saide receites, with these licoures. Then put in two ounces of pure Mithridatum andromachi, whichis an excelent triacle, and two drāmes wayght of the

Note this medecin for the pestilēce

Mithridatū andromachi.

of ꝑ pouder of pure Bolearmein, mingle them altogether in a very cloſe veſſell, and geue the patient a ſponeful or more next his hart, and eftſones as much more and let them that take this ſlepe not during .xx. hours: or els take pure triacle and ſetwell mingled in poſſit ale made of white wine wherin ſorrel hath boiled a good draught, and let an experte Chirurgian let the patient blud vpō the midle vain called Mediana, or the hart vain: Basilica a good quātitie according to the ſtrēgth and age of the patient, except women with child, and childzen. For the retaining the ſaid bloud, would all turne to venim and incurable poyſon: And note this, that blud be letten vpon the ſame ſide that the ſore doeth appere, if anye appere, for many cauſes, and ſleepe not. viii. houres after, & vſe this moſte

Beware of ſlept.

Mediana. Baſilica.

Note to let bloud.

Pillule Pestilenciali. Ruffi.

most excellent pill often times. Take pure Aloes epatik ℥ myrre, well washed in cleane water, or Rosewater, of eche: two dr̃ames, and one dramme of the pouder of Saffron, mingled with a litle of swete wine, ℥ tẽpered in a very small vessel vpon the coles, vntil it be partly thicke, or els incorporat all togẽther in a morter, then rol them vp in smal rounde pils, vse to swallowe halfe a dram of these pilles two times a weke in the pestilence time a morninges, iii. hours before meate. Another medicine, torment il, centian, setwel, of eche one dram, spicanarde drams. ii. nastick: drams three. Bole armen: drams. 8. geue twoo drams to the patiẽt (or any that feare the plage) in the water of Skabeas, or Cardus Benedict⁹, thẽ drinke the broth of a chicken, or pure wine. To ripe the sore, rost a great

To rype ỹ sore.

a great Onion, take out the core, put in triacle, and apply it warm to the place three or foure tymes renued warm. And Oile Oliue, black sope, soure leauen, Lillye rotes, of eche lyke quantitie boyled together, put in the iuyse of Rue, & make a plaister, this will breake ẏ said sore, Capons grese yolkes of Egges, swines grease barly flour, linsede in pouder, encorporated together, will make a good healing plaster. Emplastrū diachilon, magnū discriptione filii Zacharia, doeth resolue: and quenche the hotte vlcer. But in the time of ẏ plage trust not vrines.

To heele ẏ sore.

Against an vlcer.

FINIS.

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